

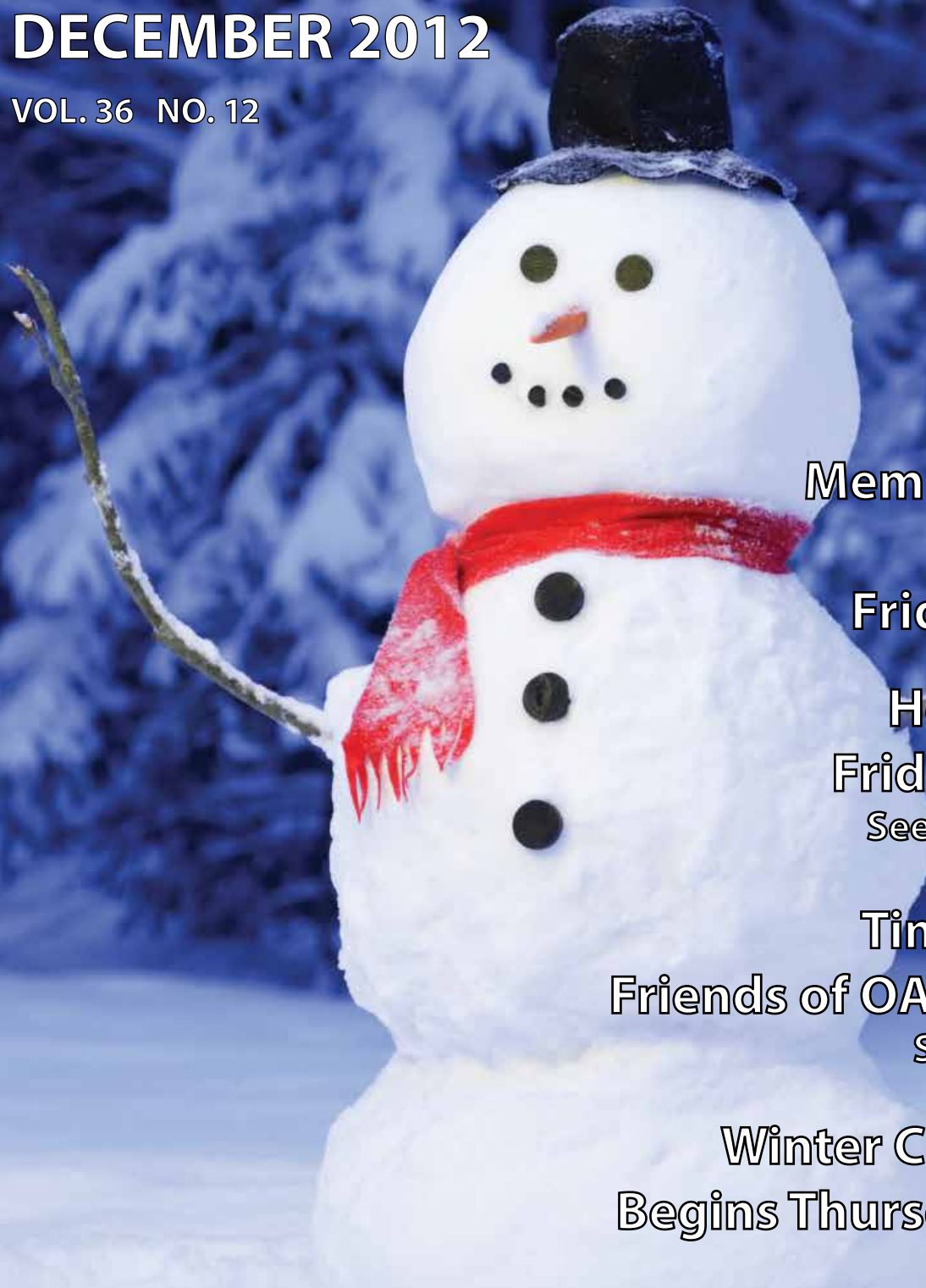
OASISnews

Older
Adult
Social &
Information
Services

The official guide to the programs and services offered at the OASIS Senior Center

DECEMBER 2012

VOL. 36 NO. 12



**Membership Monthly
Get Together
Friday, December 7**

**Holiday Luncheon
Friday, December 21
See back cover for details**

**Time to renew your
Friends of OASIS Membership
See enclosed envelope**

**Winter Class Registration
Begins Thursday, December 6**

A Publication of the City of Newport Beach and the Friends of OASIS
(949) 644-3244 www.newportbeachca.gov/oasis

December 2012

Membership Monthly Get Together Friday, December 7, 10:00 am

Meeting, entertainment and lunch

December Entertainment:

Back by popular request, this time to host our Christmas Show, effervescent Jamie Shaheen defines singing entertainment at the piano and putting smiles on the faces of our Oasis listeners. Currently working at Disneyland, Jamie is noted for her warm and humorous manner. She has mastered the art of audience participation, and loves to take requests. With her oodles of talent, sing-alongs with Jamie are a lot of fun and guaranteed to spark our holiday show.



This is the regular monthly meeting of the Friends of OASIS. It provides opportunities for attendees to socialize and to receive important updates from the Friends' Officers, the Board Committees, and the Center Director and her staff while enjoying entertainment and a special lunch.

Lunch Tickets: \$8 members/ \$10 non-members

Advance purchase is recommended.

Menu: Ribs, baked beans, cole slaw, corn bread and a brownie.
Milk is available on request.

Location: OASIS Evelyn Hart Event Center

Program Director: Anthony Allen, 1st Vice President

OASIS Senior Center

801 Narcissus Ave., Corona del Mar, CA 92625-1501

www.newportbeachca.gov/oasis

Administration Office

(949) 644-3244

Monday-Friday 8:00am-5:00pm

Saturday/Sunday Closed

Fitness Center

(949) 718-1818

M-Th 7:00am-8:00pm, Friday 7:00am-5:00pm

Saturday/Sunday 8:00am-4:00pm

Center is closed on all City-observed holidays.

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www.friendsofoasis.org

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Celeste Jardine-Haug, Ex Officio

Celeste Jardine-Haug

OASIS Senior Center Director



Happy Holidays to all! This is it, the end of another successful year. We have accomplished a lot. We hired a new employee (Jennifer Sisoev) to put on our great special events, Marci successfully delivered a beautiful baby girl, we had another successful Resource Fair, we safely transported over 16,000 seniors to medical appointments and other errands and we have provided well over 100 different classes, activities and special lectures and events. It has definitely been a busy year.

I am looking forward to the holidays. I am hosting Christmas dinner this year and between my husband's family and mine, we should have about 35 people over to my house. This includes lots of small children running around. Let's hope for a sunny day so we can use the backyard as well. Mostly though, I am looking forward to seeing my two children (25 and 22) who will be home for the holidays. We are enjoying being empty nesters, but it is always nice to have them with us.

I have now been at OASIS for twenty four and a half years, and I have met many great people during that time. Unfortunately, I have had to say good bye to many as well. In October, June Briggs, who has been our World Geography instructor for about 20 years, passed away suddenly. She was adored by her students and brought so much life and energy to her class. We will miss her.

I hope that 2013 will bring us peace, joy, love and success to us all and throughout the world.

Celeste

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John Whitney

Friends of OASIS President

The Boutique/Rummage Sale will be just a memory when you read this, but it is just mid-October as I write. It seems like yesterday. Anyway, it was a terrific success grossing over \$20,000 which was double our expectations. Super thanks to Marilyn Gordon, Barbara Reber, Ed Romeo and the numerous volunteers. Speaking for myself, I had a great time, even if my contribution was cleaning and testing small appliances. The high quality of the donations from members and the community was a key to the success. The whole affair was a win, win, win with money, fun and a whole lot of stuff recycled.

Incidentally, there is a year-round opportunity for donating to the gift shop. Nice jewelry is especially welcome. See Maria or Dorothy Quay in the Gift Shop.

Our membership drive is progressing. The form and envelope were included in the November Newsletter. Please renew your membership timely so you don't miss out on the Monthly Newsletter. Of course, please enclose a generous donation.

The Legacy Committee has been making good progress. Special software (Donor Perfect) has been purchased. It will improve the maintenance of our membership database with easier data entry and more flexibility to support analysis. Also a new website is being developed which will interact with Donor Perfect. Welcome to the 21st. century. Thank you, Walt Howald and your team.

Happy Holidays to You All!

John



THE FOLLOWING ACTIVITIES ARE DARK IN DECEMBER:
Computer Friends, Foreign Affairs, Low Vision Support Group, and Trail Trekkies.

INTRODUCTION TO LAUGHTER YOGA

Wednesday, December 5

1:00-3:00pm

OASIS Evelyn Hart Event Center

Reservations are not required for this FREE seminar.



Discover the new laughter-based exercise system that is sweeping the planet! Laughter Yoga offers all the health benefits of hearty hilarity (relief of stress, improved heart function, liberation from pain and more) without needing to rely on jokes or comedy. Everyone can laugh, and everyone can get the improved well-being which laughter offers. There are now ten thousand Laughter Clubs all over the world, with 1/3rd million people laughing regularly to improve their health.

Instructor Jeffrey Briar is a Master Trainer for the Kataria School of Laughter and offers weekly classes Thursday evenings at the OASIS. Experience for yourself the joyful feelings from applied hilarity! For more information, contact Jeffrey Briar (949) 376-1939 or JBriar@LYInstitute.org.



COOKIES & COCOA...

with Roger & Susie!

Wednesday, December 12

1:00pm

OASIS Evelyn Hart Event Center

Give yourself the gift of holiday cheer! Enjoy renditions of your favorite holiday tunes performed by our very own Roger & Susie along with cookies and cocoa.

Free tickets are available at the Admin Office when you bring in any non-perishable food item for our holiday food drive.

LET'S GO TRIPPIN': TRAVEL FILM SERIES - CRUISING THE ELBE RIVER



Wednesday, December 12 7:00-8:00pm

OASIS Evelyn Hart Event Center

Host: Duke Libby

Mariana Spoelder takes us on a cruise down the Elbe River through picturesque Germany. Starting in Potsdam, we follow this historic waterway through Dresden, Hannover and Bremen. The tour also takes us to Wolfsburg, where Volkswagens are made, as well as Berlin before finishing in Prague.

A Note on OASIS Special Events:

A ticket is required for entrance to OASIS Special Events. Please purchase your tickets in advance, as many of our events sell out. There is no guarantee that space will be available once an event sells out, therefore purchasing your ticket in advance is the only way to guarantee admittance.

ARE YOU PLANNING A HOLIDAY PARTY, ANNIVERSARY DINNER OR SOCIAL GATHERING?

THE OASIS MAY BE JUST THE PLACE FOR YOU!

Visit our website at www.newportbeachca.gov/oasis to find rates and availabilities, or stop by the Admin. Office to pick up a rental packet.

Note: A fee is required for all rentals. Additional rules and regulations apply.



OASIS AFTERNOON MOVIE

Wednesday, December 12
Movie starts promptly at 3:00pm
OASIS Evelyn Hart Event Center



Movie: "Joyeux Noel - Merry Christmas"

Synopsis: As French, Scottish and German soldiers prepare to open their presents on Christmas Eve 1914, a momentous event occurs that changes the destinies of four people: an Anglican priest, a French lieutenant, a world-class tenor and his soprano lover.

Starring: Diane Kruger, Benno Furmann, Guillaume Canet

Rating: PG-13

Running time: 116 min.

HOLIDAY LINE DANCING SOCIAL

Friday, December 14
2:00-4:00pm

OASIS Evelyn Hart
Event Center

\$5 tickets on sale now at the Admin Office

Put on your dancing shoes and holiday attire and come on out to the OASIS for an afternoon of line dancing, live music and fun! Whether a beginner or advanced dancer, this event is for everyone. Line dances will be taught by our very own line dancing instructor, Suzy Hazard.

Light refreshments will be provided.



HOLIDAY PARTY...FRENCH STYLE!

Hosted by the French Cafe Instructor

Wednesday, December 19
10:00am-12:30pm

OASIS Room 1

Tickets can be purchased for \$20 by contacting Sabine Abourjeily at (949) 463-4630, or sabk@hotmail.com



Come help us celebrate a holiday party with your friends at OASIS. This party is open to everyone. The French Café class teacher is hosting it and would love to see you all there! Une fete you don't want to miss! A variety of french cheeses, bread baskets, assorted quiches, and much more will be served! Enjoy French music and singing. Gift baskets and prizes will be raffled out for lucky winners.

LET'S DANCE!

Sage Hill Dance Outreach & Performance-
Wednesday, January 16

1:00-3:00pm

OASIS Evelyn Hart Event Center A

Event is FREE!

Please register at the Admin Office (949) 644-3244

Come join three members of the Sage Hill Dance Team for a short performance followed by a free dance lesson. This month's lesson will feature the Cha Cha. No partner is necessary.

BIG BAND MUSIC SEMINAR

***Tuesday, December 18 1:00-2:30pm**

OASIS Evelyn Hart Event Center A

\$1 tickets on sale now in the Admin. Office

***Please note the date change for December's seminar.**

Ken Jensen, former Big Band musician, will take you on a nostalgic visit to the great music and artists of the Big Band Era.

Topic. A sparkling assortment of swinging Christmas surprises from Les Brown, Mel Torme, Nat Cole, Wynton Marsalis - and more!

The next Big Band Seminar will be Friday, January 25 at 1:00pm.

SAVE THE DATE!

WINE AND CHEESE SOCIAL

Wednesday, January 23

3:30-5:00pm

OASIS Evelyn Hart Event Center

\$5 tickets on sale December 17
in the Admin. Office.



Special Services and Programs

LEGAL ASSISTANCE



The attorneys donate their time and offer a free half-hour consultation. Appointments are necessary; call (949) 644-3244. Consultations are held in the OASIS Administration office.

Thursday, December 6

9:00am-12:00noon

Bradley Erdosi, Attorney at Law

Elderlaw, estate planning, wills, trusts, probate, health care directives & notary services

UCI MEDICAL LECTURE

DIZZINESS: WHEN THE ROOM WON'T STOP SPINNING

Dr. Hamid Djalilian, UCI Otolaryngologist

Wednesday, December 12

10:00-11:00am

OASIS Room 1AB

Reservations are not required for this free presentation.

While people of all ages may experience dizziness or vertigo (a type of dizziness,) it is most common in older adults. When it occurs, it can be distressing and disabling; it can lead to falls and other injuries, and it can cause older people to stop their social and physical activities because of fear and discomfort.



In his talk, Dr. Djalilian will provide information on the causes and symptoms of vertigo. He will also discuss when it is important to seek medical care; what tests are used to evaluate vertigo; and what medications are used to treat vertigo.

Dr. Hamid Djalilian is a board-certified otolaryngologist whose practice is located at UC Irvine Medical Center in Orange. Dr. Djalilian is also an assistant professor in the Department of Head & Neck Surgery and the Director of Otolaryngology, Neurotology, and Skull Base Surgery at UC Irvine.

FINANCIAL FORUM

Thursday, December 6

3:00-5:00pm

OASIS Room 4



The Financial Forum is a group of individuals who come together on a monthly basis to have an informal discussion on financial topics.

Registration is not required for this free group.

HOAG HOSPITAL MEDICAL LECTURE TAVR: AN ALTERNATIVE TREATMENT FOR AORTIC STENOSIS

Presented by Peggy Morley, M.S.N, N.P



Wednesday, January 2

1:00-2:00pm

OASIS Evelyn Hart Event Center

To register call (800) 514-4624 or go to www.hoag.org

Learn more about Hoag Heart & Vascular Institutes new procedure, Transcatheter Aortic Valve Replacement (TAVR), which allows a patient to have a heart valve replaced, without open heart surgery. Find out if you or a loved one may be a candidate.

LEAVING A LEGACY: TREASURE BEYOND MEASURE

Presented by: Berteil Mahoney

Monday, January 7

1:00-2:00pm

OASIS Room 4

Please RSVP (949) 644-3244



You possess a lifetime of experiences and wisdom. Isn't it time to capture those memories? During this FREE informational session you will learn about a variety of ways to leave a legacy—ways that can be more treasured and enduring than money. What you decide to do could be the most cherished gift you will ever give those you love.

ROAD SCHOLAR: ADVENTURES IN LIFELONG LEARNING

Road Scholar educational adventures are created by Elderhostel, Inc., the not-for-profit world leader in lifelong learning since 1975.

Wednesday, January 9

10:00-11:30am

Room 1AB

Do you love to travel, enjoy learning new things, exploring interesting places and meeting people who share a love of adventure? Come and learn about Road Scholar - America's first and the world's largest educational travel organization for adults. Road Scholar offers nearly 8,000 affordable programs each year in about 90 countries worldwide.

For more information, contact Jill Swaim, 760-637-5370, jswaim1@aol.com.

Adult Public Health Nursing Service Brown Bag Day

Monday, January 28

9:00am - 12:00noon

Please call (949) 644-3244 for an appointment

Please bring in all prescription, over-the-counter, plus any vitamins/mineral supplements you are currently taking. Your nurse, Marilyn Geller and County of Orange, Health Care Agency, Pharmacist Bill Liu will answer your questions about:

- Your prescription medications
- Your over-the-counter medications
- Vitamin and mineral supplements



SPARK OF LOVE TOY DRIVE

The Newport Beach Fire Department is once again participating in the "Spark of Love" toy drive campaign which will run through December 24. All local fire stations throughout Newport Beach and Lifeguard Headquarters serve as drop-off sites for the public to bring new, unwrapped toys or sports equipment. For more information about the program, please call (949)644-3104.



HOLIDAY OUTREACH PROGRAMS

The holidays are almost here, and more than ever we need to think of how we can spread the spirit of the holidays to those less fortunate.

Donations to the following holiday programs will be accepted until Friday, December 14. Please contact Vicki in the Administration Office if you need more information.

Canned Food Drive

Canned and nonperishable food items will be collected for SOS (Share Our Selves). Donation boxes will be available for your donation in the OASIS Lobby.

Handmade Lap-size Afghans

We collect handmade afghans to distribute in the local nursing homes and to homebound seniors during the holidays. If you have a new afghan to donate or know of someone who would enjoy receiving one, please let us know.

Handmade Hats for the Homeless

It's cold on the streets at night; if you like to knit or crochet, we collect handmade hats and donate them to SPIN (Serving People In Need). SPIN distributes them to homeless people living on the street.

Homebound Seniors Outreach

We like to remember our homebound seniors during the holidays. If you know former OASIS members who can no longer participate at OASIS we would like to send them some holiday cheer. Also, if you would like to donate to the homebound holiday outreach program, please contact Vicki.

One Warm Coat

Coat Donations Accepted

Monday, November 26-Friday, December 7

Winter and cold weather are here, and no one should have to go without a coat. The non-profit agency, One Warm Coat, will have donation boxes in the OASIS lobby for the two weeks listed above. Please check your closets and ask your friends and family to check their closets for clean, usable coats of any size and style to donate. The donations will be delivered to SPIN (Serving People In Need) and distributed to the homeless.



Registration Information

You may register for these classes in four easy ways; see page 38 for details. Minimum number of participants required or class may be cancelled. Class fee will NOT be pro-rated and a \$5 or \$10 non-resident fee will apply.

Registration for winter classes (listed in BOLD) begins Thursday, December 6 at 8:00am.
Registration for all other classes is currently underway. Early registration is recommended.

Fitness

GENERAL FITNESS

NEW! Strengthen Your Pelvic Floor Muscles \$25/2 classes

Instructor: Kathryn Rollins plumblines@hotmail.com 949-422-9834

Come and learn about your pelvic floor muscles and some techniques that can help strengthen them so incontinence can be minimized or avoided.

Class #	Dates	Day	Time	Room
672711	1/16-1/23	W	4:00-5:00pm	5
672712	3/20-3/27	W	4:00-5:00pm	5

Laughter Yoga \$65/8 classes

Instructor: Jeffrey Briar JBriar@LYInstitute.org

Discover the Laughter-as-Exercise system that is sweeping the planet! Laughter Yoga includes simple breathing exercises, easy stretches, and therapeutic laughter (without the need for jokes or comedy). You don't need to feel good first: Laugh first! The good feelings naturally follow. For all levels (laughter exercises can be performed while seated).

- Free introduction to Laughter Yoga December 5, 1:00-3:00pm in the Event Center and March 7, 6:00-8:00pm in Room 1. Registration is not required.

Class #	Dates	Day	Time	Room
671911	1/10-2/28	Th	6:00-7:00pm	1

DROP IN (NO REFUNDS) (\$10/1 class)

671912 See above for class dates, days and times

Physical Training See below for fees

Instructor: Judy Aprile jjjapril@yahoo.com

This light aerobics class targets cardiovascular conditioning, strength and flexibility. Activities are performed standing, moving and lying on the floor.

- Please bring exercise mat and hand towel.

Class #	Dates	Day	Time	Room
\$35/10 classes				
670143	*11/5-12/12	MWF	8:00-9:00am	Event Center
FREE /4 classes				
670144	12/14-12/21	MWF	8:00-9:00am	Event Center
\$41/ 12 classes				
670111	*1/7-2/8	MWF	8:00-9:00am	Event Center
670112	*2/13-3/15	MWF	8:00-9:00am	Event Center

*No class 1/18, 1/21, 2/1, 2/11, 2/18, 3/1

MELT Method

See below for fees

Instructor: Yvette Casal

714-520-1427

LEVEL 1

Improve whole body balance, eliminate tension in your spine and instantly feel better. Learn how to self-treat your body with the MELT Method. In this course, you will gain the tools to help you maintain a pain-free active lifestyle.

- Free demo class (registration is required):

Tuesday, Jan. 8, 3:00-4:00pm. Use #672511.

Class #	Dates	Day	Time	Room
\$60/5 classes				
672543	11/19-12/17	M	1:30-2:30pm	Dance
672512	1/15-2/12	Tu	3:00-4:00pm	Dance
672513	2/26-3/26	Tu	3:00-4:00pm	Dance

LEVEL 2

This MELT class is designed for the active senior who has previous experience with the MELT Method. Enjoy a different MELT Map every week and further your understanding of how this self treatment can assist your overall health and longevity.

Class #	Dates	Day	Time	Room
\$60/5 classes				
672545	11/19-12/17	M	12:30-1:30pm	Dance
672514	1/15-2/12	Tu	4:00-5:00pm	Dance
672515	2/26-3/26	Tu	4:00-5:00pm	Dance

Strength Training

See below for fees

Instructor: Keith Glassman

keith.glassman@gmail.com

Using bands and light hand weights, this class helps maintain or improve bone density as it tones, strengthens and stretches muscles throughout the body.

- Bring a mat.

Class #	Dates	Day	Time	Room
\$35/4 classes				
671342	11/29-12/11	Tu/Th	8:00-9:00am	Event Center
671343	*12/13-1/3	Tu/Th	8:00-9:00am	Event Center
670212	1/8-1/17	Tu/Th	8:00-9:00am	Event Center
670213	1/22-1/31	Tu/Th	8:00-9:00am	Event Center
670215	2/5-2/14	Tu/Th	8:00-9:00am	Event Center
670216	2/19-2/28	Tu/Th	8:00-9:00am	Event Center
670218	3/5-3/14	Tu/Th	8:00-9:00am	Event Center
670219	3/19-3/28	Tu/Th	8:00-9:00am	Event Center
\$65/8 classes				
671341	*11/29-1/3	Tu/Th	8:00-9:00am	Event Center
670211	1/8-1/31	Tu/Th	8:00-9:00am	Event Center
670214	2/5-2/28	Tu/Th	8:00-9:00am	Event Center
670217	3/5-3/28	Tu/Th	8:00-9:00am	Event Center

*No class 12/25, 12/27, 1/1

**Registration for winter classes (listed in BOLD)
begins Thursday, December 6 at 8:00am.**

Longevity Stick

Free

These easy to learn, gentle movements promote physical fitness and mental relaxation. Please bring a one inch round (in diameter) wood stick that has a length equivalent to your body height. Most hardware stores carry wood sticks. Visit www.longevitystick.com to learn more about this wonderful form of exercise.

Registration	Dates	Day	Time	Location
Not Required	Ongoing	Tu	9:30-10:30am	Grant Howald Park

Tai Chi

See below for fees

Instructor: Diana Wong

dianawong2001@yahoo.com

NOTES FOR ALL TAI CHI CLASSES

- Please wear comfortable clothing and low flat-soled shoes (no denim or flip flops).
- See bottom of this column for the dates when class will not be held.

TAI CHI QIGONG 18 MOVEMENTS

Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony in your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements. For clarification on style, please email the instructor.

Class #	Dates	Day	Time	Room
\$45/9 classes				
671511	1/3-2/28	Th	9:30-10:30am	Event Center

TAI CHI STAFF/CANE

This class uses a staff or a cane to introduce the 11 movements of a Tai Chi form. The low impact movement of basic Tai Chi steps will help improve one's strength, timing, sense of space, and balance. Appropriate for adults of all ages.

- A wooden staff about four feet high or a folding adjustable cane with a straight/flat handle is used. (Please contact instructor early to order the cane).

Class #	Dates	Day	Time	Room
\$65/9 classes				
671512	1/3-2/28	Th	10:45-11:45am	Event Center

TAI CHI CHUAN 48 MOVEMENTS

The 48-form, created in 1976 by the Chinese Sports Committee, has the special features of Tai Chi Chuan—the spirit of relaxation, softness, smoothness, circularity and continuity. This class will focus extensively on balance, footsteps, as well as upper and lower limbs coordination.

- Previous Tai Chi experience preferred but not required.

Class #	Dates	Day	Time	Room
\$65/8 classes				
671512	1/8-2/26	Th	1:00-2:00pm	Dance

TAI CHI QIGONG 18 MOVEMENTS & STAFF/CANE COMBO

\$85/18 classes				
671514	1/3-2/28	Th	9:30-11:45am	Event Center

TAI CHI QIGONG 18 MOVEMENTS, STAFF/CANE & 48 MOVEMENT COMBO

\$139/26 classes				
671515	1/3-2/28	Tu/Th	See above for days/times	

Zumba Gold® Dance Fitness- Beg/Int See below for fees

Instructor: Cathy Badum Info@CSDanceFactory.com 949-230-5934 (Sandy)

Fitness meets fun! Zumba® Gold: Groovin' at your own pace, beginner or intermediate. Easy-to-follow, low-impact dance steps to zesty Latin and international music. Meet new friends while moving and having fun! Improve balance, strength and mobility. Our motivating instructors will uplift and energize you. Modifications shown for both beginner and intermediate. Beginners: join in at any time with easy-to-follow step-by-step instruction given. Intermediates: take your workout to the next level with modifications demonstrated to increase your intensity. Fitness can be fun, it's for everyone!

- Free demo class (registration is required):

Friday, Jan 4, 9:00-9:45am. Use 670312

- See bottom of this column for the dates when class will not be held.
- Check out the Unlimited Discount: 6 classes/week for the price of 2! Includes Toning. Ultimate flexibility!

Class #	Dates	Day	Time	Room
\$55/7 classes				
670348	*10/29-12/17	M	9:00-10:00am	Dance
670349	*10-30-12/18	Tu	5:30-6:30pm	Dance
670441	*10/31-12/19	W	9:00-10:00am	Dance
670442	*11/1-12/20	Th	9:00-10:00am	Dance
670443	*11/1-12/20	Th	5:00-6:00pm	Dance
\$45/5 classes				
670313	*1/7-2/11	M	9:00-10:00am	Dance
\$50/6 classes				
670314	1/8-2/12	Tu	5:30-6:30pm	Dance
670315	1/9-2/13	W	9:00-10:00am	Dance
670316	1/10-2/14	Th	9:00-10:00am	Dance
\$45/5 classes				
670317	*1/10-2/7	Th	5:00-6:00pm	Dance
670318	2/25-3/25	M	9:00-10:00am	Dance
670319	2/26-3/26	Tu	5:30-6:30pm	Dance
670411	2/27-3/27	W	9:00-10:00am	Dance
670412	2/28-3/28	Th	9:00-10:00am	Dance
670413	2/28-3/28	Th	5:00-6:00pm	Dance

Unlimited pricing listed at the bottom of this column

ZUMBA® GOLD - TONING (see below for fees)

This class offers the best of both worlds: the exhilarating experience of a Zumba Fitness-Party with the benefits of effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold Toning classes help participants build muscle strength, increase bone density and improve mobility, posture and coordination. Bring a mat and a towel. Toning sticks optional.

Class #	Dates	Day	Time	Room
\$55/7 classes				
670542	*11/2-12/21	F	9:00-10:00am	Dance
\$50/6 classes				
670511	1/11-2/15	F	9:00-10:00am	Dance
\$45/5 classes				
670512	3/1-3/29	F	9:00-10:00am	Dance

UNLIMITED ZUMBA OPTIONS (See above for class days and times)

Unlimited includes all Beg., Int. & Toning classes, make-ups built in

670642	*10/29-12/21	\$110 (Second half of fall season)
670643	*9/10-12/21	\$215 (Entire fall season)
670611	*1/7-2/15	\$95 (First half of winter season)
670612	2/25-3/29	\$90 (Second half of winter season)
670613	*1/7-3/29	\$180 (Entire winter season)

DROP IN (No refunds) (\$15/1 class)

670644 See above for class dates, days and times

*No class 1/21, 2/14(pm class only), 2/18-2/22

Classes & Activities

Registration for winter classes (listed in BOLD) begins Thursday, December 6 at 8:00am.

BALANCE & CHAIR FITNESS

Chair Exercise See below for fees

Instructor: Judy Aprile jjjapril@yahoo.com

Build upper and lower body strength; increase flexibility; improve postural alignment and coordination. All exercises are performed seated.

Class #	Dates	Day	Time	Room
FREE /4 classes				
671243	12/10-12/19	MW	9:30-10:30am	Event Center
\$35/10 classes				
671211	*1/7-2/13	MW	9:30-10:30am	Event Center
671212	*2/20/3/27	MW	9:30-10:30am	Event Center

*No class 1/21, 2/11, 2/18

Chair Zumba® See below for fees

Instructor: Cathy Badum Info@CSDanceFactory.com 949-230-5934 (Sandy)

Chair Zumba exercise has simple, easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to fun Latin music and have a joyful time moving with our uplifting instructor. Stimulate your brain when you learn some basic Latin rhythms and simple steps that can be done in the chair. All exercises are performed seated. Great for injury recovery, too.

- Free demo class (registration required):
Friday, Jan. 4, 11:15-12:00noon. Use 671011.
- Bring water & towel.
- Prospective parties are welcome to try one class for free.

Class #	Dates	Day	Time	Room
\$35/6 classes				
671043	*11/2-12/14	F	11:15-12:00noon	1A
\$30/5 classes				
671012	1/11-2/28	F	11:15-12:00noon	1A
671013	3/1-3/29	F	11:15-12:00noon	1A

Functional Fitness Class is full

Instructor: Judy Aprile jjjapril@yahoo.com

This Coastline College Special Programs class is for older adults with a verifiable medical diagnosis, who would benefit from adaptive strength and flexibility exercises. Activities are performed seated and standing (based on individual ability).

- Students must have a verifiable physical disability.
- Registration through Coastline College is required. Please call Coastline at (714) 241-6214 for Coastline registration form.

Registration	Dates	Day	Time	Room
See above	*8/27-12/10	M	11:00am-12:30pm	2

FallProof® \$185

Instructor: Danielle Hernandez

626-297-5938

This class is a structured and progressive program designed to improve balance and reduce fall risk. Developed and researched at CSU Fullerton Center for Successful Aging, the FallProof® program has been proven to reduce the risk of falling in participants who've completed one or more rotations of the program.

- All students are required to complete a 30 minute balance assessment in order to obtain a permission slip to register. The instructor will assign each student into one of the classes listed below based on the results of the balance assessment. In order to schedule a balance assessment, please call instructor Danielle Hernandez at (626) 297-5938.
- Candidates for this program must be able to safely walk a distance of 200 feet without the use of any assistive device (cane or walker).
- This program is not appropriate for people with memory loss or cognitive impairment that could adversely impact judgment and/or decision-making abilities.

Class #	Dates	Day	Time	Room
672111	*1/24-2/28	M/Th	1:00-2:00pm	1

*No class 2/18

FLEXIBILITY & YOGA

Pilates See below for fees

Instructor: Kathryn Rollins plumblines@hotmail.com 949-422-9834

Designed with flexibility and strength in mind, these gentle Pilates classes are also a great way to get informed about your body. Taught by a nurse who is also a Certified Pilates instructor; all bodies are welcome. Just bring a mat and come ready to enjoy the class.

Class #	Dates	Day	Time	Room
Beginning				
\$84/6 classes				
673043	11/13-12/18	Tu	8:45-9:45am	Dance
673044	11/14-12/19	W	5:30-6:30pm	Dance
673011	1/8-2/12	Tu	8:45-9:45am	Dance
673012	1/9-2/13	W	5:30-6:30pm	Dance
673013	2/26-4/2	Tu	8:45-9:45am	Dance
673014	2/27-4/3	W	5:30-6:30pm	Dance

Beginning/Intermediate

\$70/5 classes

673046	*11/15-12/20	Th	11:30-12:30pm	Dance
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\$84/6 classes

673015	1/10-2/14	Th	11:30-12:30pm	Dance
673016	2/28-4/4	Th	11:30-12:30pm	Dance

Intermediate

\$84/6 classes

673048	11/13-12/18	Tu	10:00-11:00am	Dance
673017	1/8-2/12	Tu	10:00-11:00am	Dance
673018	2/26-4/2	Tu	10:00-11:00am	Dance

DROP IN (NO REFUNDS) (\$18/1 class)

673049 See above for class dates, days and times

Iyengar Yoga**See below for fees**

Instructor: Carolyn Matsuda

714-526-2998

Basic standing, seated, back bending, upside down and resting poses will be taught. Emphasis will be placed on alignment and precise actions. Props will be used as needed. You will gain strength, flexibility and peace of mind. Instructor is Iyengar Yoga certified.

- Interested parties may attend the first class of the session for free.
- Bring a sticky mat and 3 firm blankets. Students generally spend about \$45-\$60 on these items. More details will be given the first day of class.

Class #	Dates	Day	Time	Room
\$45/4 classes				
673945	11/26-12/17	M	10:00-11:15am	1
673946	11/29-12/20	Th	10:00-11:15am	1
\$79/8 classes				
673944	11/26-12/20	M/Th	10:00-11:15am	1
\$65/6 classes				
673912	*1/7-2/25	M	10:00-11:15am	1
673913	1/10-2/14	Th	10:00-11:15am	1
\$115/12 classes				
673911	*1/7-2/25	M/Th	10:00-11:15am	1

*No class 1/21, 2/18, 2/21

Stretching & Relaxation**See below for fees**

Instructor: Cathy Badum Info@CSDanceFactory.com 949-230-5934 (Sandy)

Prepare to stretch, relax, and refresh your body and mind, as well as increase flexibility, ease tension and improve mobility with this easy-to-follow, head-to-toe stretching class done on floor mats. You will sleep well and feel better! Bring an exercise mat and a towel.

- Free demo class (registration is required):
Friday, Jan. 4, 10:15-11:00am. Use 673511.
- Bring an exercise mat and a towel.

Class #	Dates	Day	Time	Room
\$55/6 classes				
673544	*11/1-12/13	Th	10:15-11:00am	Dance
673545	*11/2-12/14	F	10:15-11:00am	Dance
\$50/5 classes				
673512	1/10-2/7	Th	10:15-11:00am	Dance
673513	1/11-2/8	F	10:15-11:00am	Dance
673514	2/28-3/28	Th	10:15-11:00am	Dance
673515	3/1-3/29	F	10:15-11:00am	Dance

DROP IN (NO REFUNDS) (\$15/1 class)

673546 See above for class dates, days and times

Breathing and Meditation**\$35/5 classes**

Instructor: Lizzie Harte Rodgers

949-922-2761

Improve your health, connect with your body and calm your mind in Breathing and Meditation. Benefits of this class include better sleep and balanced emotions. "Affect the exterior by working on the interior."

Class #	Dates	Day	Time	Room
672611	1/10-2/7	Th	6:30-7:30pm	Dance
672612	2/28-3/28	Th	6:30-7:30pm	Dance

**Registration for winter classes (listed in BOLD)
begins Thursday, December 6 at 8:00am.**
Yoga Blend**See below for fees**

Instructor: Sandy Farr healthwave@cox.net 949-378-8014 949-786-0736

If you have done yoga in the past and miss it, if you used to be active or athletic but life took you away, if career or illness interrupted your life, this program will get you back on track. Regain your strength, flexibility, coordination, sense of self and zest for life. Prepare for fun while increasing your health. No food two hours prior to class. Bring mat, two blankets and a smile!

Class #	Dates	Day	Time	Room
\$35/2 classes				
674547	12/5-12/12	W	2:00-3:15pm	Dance
\$25/1 class				
674548	12/14	F	2:00-3:30pm	Dance
\$68/4 classes				
674511	1/2-1/23	W	2:00-3:15pm	Dance
674512	1/4-1/25	F	2:00-3:30pm	Dance
674513	1/30-2/20	W	2:00-3:15pm	Dance
674514	2/1-2/22	F	2:00-3:30pm	Dance
674515	2/27-3/20	W	2:00-3:15pm	Dance
674516	3/1-3/22	F	2:00-3:30pm	Dance

Regular pace**\$35/2 classes**

674741	12/10-12/17	M	5:00-6:15pm	Dance
674742	12/10-12/17	M	6:15-7:30pm	Dance
674743	12/5-12/12	W	3:30-5:00pm	Dance

\$68/4 classes

674611	1/2-1/23	W	3:30-5:00pm	Dance
674612	*1/7-2/4	M	5:00-6:15pm	Dance
674613	*1/7-2/4	M	6:15-7:30pm	Dance
674614	1/30-2/20	W	3:30-5:00pm	Dance
674615	*2/11-3/18	M	5:00-6:15pm	Dance
674616	*2/11-3/18	M	6:15-7:30pm	Dance
674617	2/27-3/20	W	3:30-5:00pm	Dance

Attend class 2 times/week (\$120/8 classes)

674811	1/2-1/25	See above for class days and times		
674812	1/30-3/18	See above for class days and times		
674813	2/27-3/22	See above for class days and times		

Attend class 3 times/week (\$175/12 classes)

674814	1/2-2/4	See above for class days and times		
674815	1/30-3/18	See above for class days and times		
674816	2/27-3/22	See above for class days and times		

DROP IN (NO REFUNDS) (\$25/1 class)

674941 See above for class dates, days and times

*No class 1/21, 2/18



Classes & Activities

Registration for winter classes (listed in **BOLD**) begins Thursday, December 6 at 8:00am.

OUTDOOR FITNESS

Golf See below for fees

Leader: Daryle Johnson djviv@cox.net 949-854-7573

Group plays at three different courses. Reservations are required!

- Mon: Costa Mesa-Los Lagos, \$33, long & challenging, par 72.
- Wed: Fountain Valley-Mile Square Classic Course, \$35 + \$45 annual senior card, long & challenging.
- Fri: Fountain Valley-Mile Square Players Course \$35 + \$45 annual senior card, long & challenging.
- Cart fees vary- average cost is \$12 per person.

Registration	Dates	Day	Time	Location
RSVP Required	Ongoing	MWF	Check-in times vary	See above

Sailing

Enjoy sailing on our Catalina 34, the newest member of the OASIS Sailing Club's fleet, or aboard our Hunter 326. Both offer Sailing Club members an opportunity to be at the helm, trim the sails, and relax and have fun during day sailing trips in the blue Pacific. Day sailings are scheduled at the monthly meeting. After the meeting, members set up sailing dates by contacting the Skipper shown on the schedule, (available online, Google "OASIS Sailing Club"). Call Membership Chair Rick Anderson at 714-693-9414 for membership details.

Registration	Dates	Day	Time	Room
Not Required	12/19	W	1:30-3:30pm	2

Trail Trekkies See page 4 for details

Music & Dancing

Dance Workshop See below for fees

Instructor: Michelle Zehnder Caumiant m.caumiant@att.net

This dance workshop incorporates many styles of dance seen on stage and television. You will warm up with a ballet barre and then we will work on choreography using a variety of dance styles. This is a great opportunity for you to develop a unique repertoire of dances in a fun and friendly workshop atmosphere.

Class #	Dates	Day	Time	Room
\$70/7 classes				
620242	11/10-12/22	Sa	11:00-12:30pm	Dance
\$100/10 classes				
620211	1/12-3/16	Sa	11:00-12:30pm	Dance

Hula Free

Instructor: Marianne Ripley 949-642-8737

Learn this beautiful, expressive dance.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M	11:00-12:00noon	Dance



Line Dancing See below for fees

Instructor: Suzy Hazard 714-437-1419

Learn new dances and old favorites while improving your fitness level. Location: Dance Room

Class #	Dates	Day	Time	Fee
LEVEL 1				
\$62/10 classes				
621011	1/10-3/14	Th	1:00-1:55pm	Dance
LEVEL 2				
\$62/10 classes				
621012	1/10-3/14	Th	2:00-2:55pm	Dance
LEVEL 3				
\$62/10 classes				
621013	1/10-3/14	Th	3:00-4:00pm	Dance
COMBO CLASS: LEVEL 1 & 2				
\$74/10 classes				
621014	1/10-3/14	Th	1:00-2:55pm	Dance
COMBO CLASS: LEVEL 2 & 3				
\$74/10 classes				
621015	1/10-3/14	Th	2:00-4:00pm	Dance

Ballet See below for fees

Instructor: Michelle Zehnder Caumiant m.caumiant@att.net

Come and join us in learning the graceful beautiful movements of ballet. We will work on strength, flexibility, coordination and balance through this time tested successful form of dance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. Please wear comfortable clothing and shoes. Ballet shoes are best.

Class #	Dates	Day	Time	Room
\$80/10 classes				
622111	1/9-3/13	W	11:30-12:30pm	Dance
622112	1/11-3/15	F	11:30-12:30pm	Dance

START FROM THE VERY BEGINNING -- BEGINNERS BALLET

The pace will be slower but it will still be a wonderful experience. You will learn beautiful movement while improving balance, coordination, flexibility, proper body alignment and grace for everyday life. Please wear athletic or dancewear with ballet slippers or soft shoes.

Class #	Dates	Day	Time	Room
\$56/7 classes				
622146	11/7-12/19	W	11:30-12:20pm	Dance

Registration for winter classes (listed in BOLD) begins Thursday, December 6 at 8:00am.

Jazz Dancing- Beginning See below for fees

Instructor: Michelle Zehnder Caumiant

m.caumiant@att.net

Both men and women may join this class. Have fun while improving strength, stamina, flexibility, balance and coordination. We will be dancing to a variety of music that will inspire you to get up and move. Whether it's Broadway, movies or television, past or present, this style has a lot of diversity and is a blast. Bring your "let's get busy" attitude as you are invigorated by dancing.

- Please wear jazz or soft shoes.

Class #	Dates	Day	Time	Room
\$48/6 classes				
622342	11/9-12/21	F	12:30-1:30pm	Dance
\$80/10 classes				
622311	1/11-3/15	F	12:30-1:30pm	Dance

Sing & Pick Hootenanny Group Free

Facilitator: Mac MacAdam

mnmacadam@sbcglobal.net

949-644-5552

Join in fun singing and playing of American folk, bluegrass, country, blues and jazz songs. Accompany yourself with your acoustic guitar or dobro (non amplified), using basic chords. Beginners to advanced folks are welcome as are banjo, mandolin, fiddle or bass players. Regular attendance is not expected. Come when you can. Visit us on any Friday!

- For further information, please call or email Mac (Contact info listed above)

Registration	Dates	Day	Time	Room
RSVP required	Ongoing	F	1:00-3:00pm	5

OASIS Sing Along Free

Instructor: Nancy Johnson

Join a group of music aficionados who love to sing together, harmonize and learn new tunes. Join in and sing with us!

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Th	1:00-3:00pm	Event Center

Ukulele Free

Instructor: Tony Cappa

949-492-1700

This group meets weekly to practice and play together.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M	1:00-3:00pm	Event Center

Ukulele Workout Free

Instructor: Maryann Ripley

949-642-8737

Have fun playing the ukulele and singing as a group. Learn new songs and chords. Everyone is welcome, beginner to advanced.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Tu	10:00-11:30am	Event Center A

Enrichment

AARP Driver Safety \$12 AARP members/\$14 non-members

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, preparation for written test/DMV test questions, how to tell if you should give up driving and even how to get around when you no longer drive. Some insurance companies offer a three year discount on auto insurance upon completion of this course.

- Checks only, made payable to AARP.
- In-person, advance registration only.
- **YOU MUST ATTEND CLASS BOTH MONDAY AND WEDNESDAY TO COMPLETE THE COURSE.**
- **NO CLASS IN DECEMBER.**

Registration	Dates	Day	Time	Room
See above	1/14 & 1/16	M/W	2:00-6:00pm	2B

Book Discussion Group Free

This book group meets every 2nd Wednesday of the month. Read the book and join them for discussion. This group meets at the Newport Beach Central Library located at 1000 Avocado Avenue, Newport Beach.

Registration	Dates	Day	Time	Location
Not Required	12/12	W	9:15-11:00am	See above

Informal Book Group Free

Leader: Phyllis Scheffler

Enjoy sharing and discussing a variety of stimulating books in a relaxed setting on the first Wednesday of each month. Bring a holiday poem (any holiday) for the December meeting.

Registration	Dates	Day	Time	Location
Not Required	12/5	W	10:00-11:30am	1A

Cooking with Chef Susan \$22/2 classes

Instructor: Chef Susan Miller

healthyone5@aol.com

Course 684945: Part II Holiday Cooking: Entrees to Desserts Stress Free!
Course 684911: Healthy alternatives to a healthy lifestyle. Learn how to make delicious meals without depriving the flavor. Use herbs and spices to make a tasty dish.

Course 684912: Say "I love you" with a healthy, romantic dinner for two. Win your way to that special someone's heart with the enticing Valentine's menu that makes an intimate dinner for two. Light a candle, uncork your favorite bottle of wine and add some healthy romance to your life!

Course 684913: Slow-Cooker Goodness! The one pot you can set and forget! Great meals for anytime and any sized pot.

Registration	Dates	Day	Time	Room
\$15 material fee payable to instructor on first day of class.				
684945	12/4-12/11	Tu	2:00-4:00pm	Event Center C
684911	1/15-1/22	Tu	2:00-4:00pm	Event Center C
684912	2/5-2/12	Tu	2:00-4:00pm	Event Center C
684913	3/5-3/12	Tu	2:00-4:00pm	Event Center C

Classes & Activities

Registration for winter classes (listed in BOLD) begins Thursday, December 6 at 8:00am.

Current Events Discussion

Free

Facilitator: Ginger Hayter

949-813-0377

Join this group to openly discuss current events in a friendly setting. Topics will include news, magazines, and movies. Participants are asked to bring an article to share with the group. From time to time, a speaker may speak on a special topic.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M	5:00-7:00pm	Library

Foreign Affairs Discussion

Free

Facilitator: Ginger Hayter

949-813-0377

This group meets on the 3rd Thursday of the month to discuss changes taking place in the world and in our country's foreign relations. **this class will not meet in December**

Registration	Dates	Day	Time	Room
No meeting in Dec.		Th	1:00-3:00pm	Library

Memoir: Writing Your Life Stories

\$95/6 classes

Instructor: Berteil Mahoney

949-496-7289

- Free introductory session, "Leaving a Legacy: Treasure Beyond Measure," Monday, January 7, 1:00-2:00pm. Please call (949) 644-3244 to RSVP.

INTRODUCTION

Everyone has stories to tell. A memoir is the story or stories of a life as told by the person living it. During this six-week workshop, participants will learn about the qualities of good memoir writing; read and discuss published memoirs; and write in response to a variety of prompts. Led by a published writer this introductory class will help participants recognize their stories and begin to discover a personal writing voice, style and purpose. Join us for inspiration and discovery.

Class #	Dates	Day	Time	Room
684811	1/8-2/12	Tu	10:00-12:00noon	4
684812	2/19-3/26	Tu	10:00-12:00noon	4

CONTINUATION

This six-week workshop is designed for those who have completed the introductory memoir class. Participants will continue to write memoir pieces and refine their writing with emphasis on the elements of style.

- Prerequisite: Memoir: Writing Your Life Stories- Introduction.

Class #	Dates	Day	Time	Room
684811	1/8-2/12	Tu	1:00-3:00pm	4
684812	2/19-3/26	Tu	1:00-3:00pm	4



Optimizing Brain Fitness

\$50/6 classes

Instructor: Diane Ryan

dianeryan2010@yahoo.com

This class will explore steps you can take in your life to enhance your brain function. Areas to be covered include: learning ways to improve attention & concentration, memory exercises & techniques and how good health practices can optimize brain fitness. Come join this stimulating and fun class.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
683211	2/7-3/14	Th	9:30-11:30am	2B

Women Connecting

Free

Leader: Marily Kavanaugh

Are you interested in getting together with a group of like-minded women who are willing to share their life lessons? Discussion focuses on aging with grace and laughter.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Th	2:00-3:30pm	3

Writing Roundtable Group

Free

Facilitator: Braulio A. Busquiao

braulioab@att.net

949-723-0533

The class is dedicated to improving writing skills by presenting readings, then receiving critiques. Authors may bring prepared material, double spaced, with a copy for each attendee. A classroom copy machine is available. Content may include short stories, personal essays, a magazine article or poem. Reading time depends upon class attendance. Please visit our interesting group.

Registration	Dates	Day	Time	Room
RSVP Required	Ongoing	W	1:00-3:00pm	5

Foreign Language

Adv. Studies in French Literature

\$65/12 classes

Instructor: Darielle Wilson

This unique class is conducted exclusively in French. The literature will include classic and modern novels, short stories and poems. Classroom activities center on spontaneous classroom and small-group discussion, reading aloud, dictations and grammar review as needed.

Class #	Dates	Day	Time	Room
685041	9/26-12/12	W	10:00am-12:00noon	2B
685011	1/2-3/20	W	10:00am-12:00noon	2B

Advanced French Reading & Discussion \$65/12 classes

Instructor: Darielle Wilson

Exclusively in French, reading and discussion will be on a variety of topics. Spontaneous discussion will follow the reading of current articles and literary excerpts which contain useful vocabulary. A maximum of 10 students will permit each one an opportunity to speak often, practicing and improving his or her fluency in French.

Class #	Dates	Day	Time	Room
685141	9/27-12/20	Th	10:00am-12:00noon	2A
685111	1/3-3/21	Th	10:00am-12:00noon	2A

French Cafe Free

Instructor: Sabine Abourjeily

949-463-4630

Class will emphasize oral communication with an introduction to basic written expressions, development of reading and vocabulary skills.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M	10:00am-12:00noon	4

French- Intermediate Free

Instructor: Joe Edberg

949-760-3167

Emphasis is on French conversation and reading.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M	10:00am-12:00noon	5

German- Advanced Free

Instructor: Antonia Burleigh

Emphasis is on grammar, conversation and translation for the advanced student.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Th	10:00am-12:00noon	4

Italian- Beginning \$75/5 classes

Instructor: Fausta Vitali

fausta1@cox.net

You will learn the basics of the Italian language, some grammar but mostly lots of vocabulary to make travel to Italy more comfortable and fun! You will learn not only the language but also the customs and way of life in Italy. At the end of the five classes you will receive a CD that covers all the material you learned during the course.

- \$10 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
685311	1/17-2/14	Th	4:30-6:00pm	2B
685312	2/28-3/28	Th	4:30-6:00pm	2B

Registration for winter classes (listed in **BOLD**) begins Thursday, December 6 at 8:00am.

Italian- Intermediate 1 \$75/ 5 classes

Instructor: Fausta Vitali

fausta1@cox.net

These classes are a follow-up to the beginning class and will expand your knowledge of the language. We will touch on verbs in their infinitive form and put phrases together to help you be comfortable when trying to express yourself. Arrivederci e presto.

- \$10 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
685411	1/17-2/14	Th	6:00-7:30pm	2B
685412	2/28-3/28	Th	6:00-7:30pm	2B

Italian- Intermediate 2/ Conversation \$75/5 classes

Instructor: Fausta Vitali

fausta1@cox.net

This class is a continuation of Italian- Intermediate 1. You will learn more vocabulary and continue getting comfortable expressing yourself in the Italian language. You will also practice conversations with your classmates. At the end of the session, you will receive a CD which covers what you learned during the five classes.

- \$10 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
685511	1/18-2/15	F	9:30-11:00am	5
685512	3/1-3/29	F	9:30-11:00am	5

Spanish- Basic \$30/8 classes

Instructor: Nida Fernandez, Ph.D.

nidit@att.net

Introduction to pronunciation and basic grammar including genders, articles and basic conversation. Cost of materials to be announced.

Class #	Dates	Day	Time	Room
686141	10/22-12/17	M	3:00-4:30pm	5
686111	*1/7-3/11	M	3:00-4:30pm	5

*No class 1/21, 2/18

Spanish- Intermediate \$30/8 classes

Instructor: Nida Fernandez, Ph.D.

nidit@att.net

Intermediate students will learn to engage in conversation, writing and reading, continue on basic grammar and pronunciation, expressions of social and travel experiences and the Spanish-Latin American culture. Cost of materials to be announced. **Students must possess a basic understanding of Spanish to participate in this class.**

Registration	Dates	Day	Time	Room
686241	10/22-12/17	M	1:00-2:30pm	5
686211	*1/7-3/11	M	1:00-2:30pm	5

*No class 1/21, 2/18

Registration for winter classes (listed in BOLD) begins Thursday, December 6 at 8:00am.

Spanish- Advanced

Class is full

Instructor: Josephine Marzolino

714-545-3388

Focus is on reading (newspapers and magazines), translation and conversation. You must have good background in grammar, verb tenses and conjugation.

- Call instructor at (714) 545-3388 for further information and to be placed on the wait list.

Registration	Dates	Day	Time	Room
CLASS IS FULL	Ongoing	Th	1:00-3:00pm	5

International Spanish Book Club

Free

Leader: Nida Fernandez, Ph.D.

nidit@att.net

This book club meets on the first Thursday of the month to discuss Spanish language books. If you are a book reader, native speaker, have mastered the Spanish language or a non-native who has studied higher level Spanish classes, this is the group for you. Writings will be of literary form for discussion and sharing in Spanish.

- September 2012 - February 2013 reading: El Amor en Tiempos Del Colera, por Gabriel Garcia Marquez. Libro premiado Nobel del autor. Leer un capitulo por mes.

Registration	Dates	Day	Time	Room
Not Required	12/6	Th	6:30-8:30pm	Event Center

Computer

Computer Friends

See below for fees

Leader: Harold Katz

949-675-3531

This networking group has a guest speaker each month. For more information visit our website. Go to www.friendsofoasis.org and click on Computer Friends. Admission \$2 per meeting or \$8 annual dues, \$12 per couple. See page 6 for this month's topic.

Registration	Dates	Day	Time	Room
No meeting in Dec.	W	1:00-3:00pm	1	



Computer Basics

See below for fees

Instructor: Carole Kamper

949-230-5902

This class is designed as an introduction to computers. You do not need to own a computer to attend. This class will help you understand the difference between hardware and software and what components and options are available when purchasing a new computer. Emphasis will be on hands-on use of the mouse and getting comfortable with the keyboard. You will learn the anatomy of a "window" and the many features common to computer programs.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
\$60/4 classes				
681111	1/8-1/29	Tu	10:00-11:00am	Comp Center
681112	*2/6-3/13	W	1:00-2:00pm	Comp Center
681113	3/4-3/25	M	10:00-11:00am	Comp Center

*No class 2/20, 2/27

Computer Skills

See below for fees

Instructor: Carole Kamper

949-230-5902

This class is for participants who have had some prior experience with computers. You do not need to own a computer to attend. It will familiarize you with the desktop, the control panel, folders and files. Emphasis will be on the use of the accessories programs included in Microsoft Windows. The steps in creating, saving and retrieving files will be taught using Paint and WordPad. Prerequisite: Computer Basics of equivalent.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
\$60/4 classes				
681311	1/8-1/29	Tu	11:15-12:15pm	Comp Center
681312	*2/6-3/13	W	2:15-3:15pm	Comp Center
681313	3/4-3/25	M	11:15-12:15pm	Comp Center

*No class 2/20, 2/27

Computer Tips & Tricks

\$25/1 class

Instructor: Carole Kamper

949-230-5902

Come explore the possibilities of your PC and find out about online tutorials, websites and software that will expand your computer abilities. This workshop is designed to maximize your time online and teach tricks that will make your computer experience more enjoyable and productive. Prerequisite: Computer Skills and Internet Basics or equivalent.

Class #	Dates	Day	Time	Room
\$22/1 class				
681411	1/14	M	10:30-12:00noon	Comp Center
681412	1/28	M	5:15-6:45pm	Comp Center
681413	2/7	Th	12:15-1:45pm	Comp Center
681414	3/26	Tu	9:00-10:30am	Comp Center

Digital Photo Editing

\$60/4 classes

Instructor: Barbara Yin Milbert

Learn to edit your digital photos using Picasa photo editing program. Prerequisite: Computer Basics or equivalent.

Class #	Dates	Day	Time	Room
681611	2/14-3/7	Th	9:45-10:45am	Comp Center

Registration for winter classes (listed in BOLD) begins Thursday, December 6 at 8:00am.

eBay 1 \$30/1 class

Instructor: Barbara Yin Milbert

Learn to buy and sell items on eBay. Pre-requisite: basic computer skills and familiarity with the internet.

Class #	Dates	Day	Time	Room
681711	1/10	Th	10:00-12:00pm	Comp Center

eBay 2 \$30/2 classes

Instructor: Barbara Yin Milbert

Learn more advanced skills for buying and selling items on eBay. Prerequisite: eBay 1 or equivalent and basic computer skills.

Class #	Dates	Day	Time	Room
681811	2/14-2/21	Th	11:00-12:00noon	Comp Center

Email & Internet Basics \$30/2 classes

Instructor: Barbara Yin Milbert

Learn to set up an email account and use basic email tools. Learn the difference between the internet and the web, how to set your home page and search for websites.

Class #	Dates	Day	Time	Room
681911	1/31-2/7	Th	11:00-12:00noon	Comp Center

Google 101 See below for fees

Instructor: Carole Kamper

949-230-5902

Learn how to do more on Google than just searches. Did you know that you can use Google for translating, calculating, as a dictionary, collaborating with others on documents, keeping track of financial portfolios, viewing maps, finding images and more? Did you know you can now explore art in museums around the world using Google Art Project? Prerequisite: Email & Internet Basics or equivalent.

Class #	Dates	Day	Time	Room
\$22/1 class				
682411	1/24	Th	2:00-3:30pm	Comp Center
682412	1/28	M	7:00-8:30pm	Comp Center
682413	2/7	Th	2:00-3:30pm	Comp Center
682414	3/26	Tu	10:45-12:15pm	Comp Center

Intro to Excel \$60/4 classes

Instructor: Barbara Yin Milbert

Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet. Prerequisite: Computer Basics and Skills or equivalent.

Class #	Dates	Day	Time	Room
682211	2/28-3/21	Th	11:00-12:00noon	Comp Center

OASIS Computer classes are taught on OASIS PCs only. Personal computers are not permitted.

Intro to Facebook \$30/2 classes

Instructor: Barbara Yin Milbert

In this introductory class, you will learn about Facebook and the pros and cons of joining this popular social network. You will also learn how to set up an account and select your security and privacy settings. Prerequisite: Computer Basics and Skills or equivalent.

Class #	Dates	Day	Time	Room
682311	1/17-1/24	Th	11:00-12:00noon	Comp Center
682312	3/14-3/21	Th	9:45-10:45am	Comp Center

Intro to Publisher and Power Point \$65/2 classes

Instructor: Carole Kamper

949-230-5902

Learn these two programs from Microsoft Office to build and expand your word processing skills. PUBLISHER will help you create flyers, business cards, brochures and more. POWERPOINT will not only teach you how to create a slide show but take your word-processing skills to the next level. Prerequisite: Intro to Word or equivalent.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
\$65/2 classes				
681542	12/7-12/14	F	10:00-12:00noon	Comp Center
\$60/2 classes				
681511	2/4-2/11	M	10:00-12:00noon	Comp Center
681512	3/20-3/27	W	5:00-7:00pm	Comp Center

Intro to Word \$60/4 classes

Instructor: Barbara Yin Milbert

Learn to open and save a new document, cut, copy, and paste, use spell check, change font, text size, style and color, organize your files, insert pictures, and more! Prerequisite: Computer Basics or equivalent.

Class #	Dates	Day	Time	Room
682111	1/17-2/7	Th	9:45-10:45am	Comp Center

Fine Arts

Beading \$40/6 classes

Instructor: Tania Addington

tskga@hotmail.com

This class is for anyone with an interest in beading, those who need to refresh their basic skills and any experienced beaders who want to increase their beading skills and are ready for a challenge. Students new to beading will learn about supplies, findings, tools, beads, and will work simple projects using basic beading stitches. There will be discussions on beading techniques and completing projects. More experienced students will build their knowledge, learn color combination and balance, and create projects in off-loom stitches: Peyote, Brick, Netting, Right Angle Weave, Square, Herringbone, and Chevron stitch. We will make rings, bracelets, earrings, and necklaces.

- Materials list will print out on registration receipt.
- \$5 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
610142	11/13-12/18	Tu	12:30-2:30pm	5
610111	1/8-2/12	Tu	12:30-2:30pm	5
610112	2/26-4/2	Tu	12:30-2:30pm	5

Classes & Activities

Registration for winter classes (listed in BOLD) begins Thursday, December 6 at 8:00am.

Bead Stringing & Re-Stringing \$40/6 classes

Instructor: Tania Addington

tskga@hotmail.com

This course is designed for beaders of all levels and for re-stringing older jewelry in updated styles. Students will get to know the rules of stringing beads, how to finish projects, and use color and balance in stringing. We will make bracelets, necklaces and earrings. Students are encouraged to use their own style and choice of beads. Sample beadwork will be available for viewing and to encourage creativity.

- Materials list will print out on registration receipt.
- \$5 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
610242	11/13-12/18	Tu	9:30-11:30am	5
610211	1/8-2/12	Tu	9:30-11:30am	5
610212	2/26-4/2	Tu	9:30-11:30am	5

Open Art Workshop Free

For students of any medium, this is the perfect time to catch up on class projects.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	F	9:00am-4:00pm	Art

Ceramics \$160/12 classes

Instructor: Karen Thayer

karenthayer@yahoo.com

Learn how to create ceramic objects using hand-building techniques and the potter's wheel. Beginning students will learn the basics of slabbing, coiling, pinching and glazing clay. Returning and advanced students will refine their skills with the endless possibilities that this simple material offers. If you have your own tools please bring them. No tools are required at the first class. Instructor will provide basic tools and also have specialty tools available for purchase.

- \$18 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
\$160/12 classes				
610841	9/19-12/12	W	9:00-12:00noon	Art
\$135/10 classes				
610811	1/23-3/27	W	9:00-12:00noon	Art
610812	1/23-3/27	W	5:30-8:30pm	Art

Chinese Brush Painting See below for fees

Instructor: Diana Wong

dianawong2001@yahoo.com

Explore the art of Chinese brush painting through the use of brush, rice paper, ink, and colors, while expressing the inner spirit of the subject or the feeling of the artist. Learn to paint flowers, birds, animals, and insects.

- Materials list will print out on registration receipt.

Class #	Dates	Day	Time	Room
\$59/4 classes plus \$4 material fee payable to instructor on first day of class				
611011	1/8-1/29	Tu	10:00-12:00noon	Art
611012	2/5-2/26	Tu	10:00-12:00noon	Art
\$159/12 classes plus \$12 material fee payable to instructor on first day of class				
611013	1/8-2/26	Tu	10:00-12:00noon	Art

Illustration to Publishing Workshop \$75/5 classes

Instructor: Raymond Otis

rgoassoc@earthlink.net

949-760-1352

This hands-on lecture/demonstration class is for beginning and intermediate artists. Topics include illustration techniques, montages, collages and assemblages. Students will explore a kaleidoscope of colors, rendering techniques and studies in composition. Students will explore various avenues to do desktop publishing, online publishing and/or powerpoint presentations. Visit Raymond's artist gallery website at www.raymondgotis.com.

- Materials list will print out on registration receipt.

Class #	Dates	Day	Time	Room
612512	2/21-3/21	Th	3:00-5:30pm	Art

Italian Renaissance Art History \$50/6classes

Instructor: Diane Ryan

dianeryan2010@yahoo.com

The High Renaissance period represented a revival of the arts and a complete change in how artists would depict the visible world around them. This class will look at some of the artists of this period including Michelangelo and Leonardo DaVinci. We will also go over the labor intensive techniques used to produce the art such as egg tempera and frescoes. You will come away with a greater appreciation and understanding of this amazing period in art.

- \$2 material fee payable to instructor on the first day of class.

Registration	Dates	Day	Time	Room
612711	2/7-3/14	Th	1:30-3:30pm	2B

Instructor Assisted Workshop- Beg/Adv See below for fees

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

This workshop is open to all mediums, including sculpting, oil and acrylic, watercolor and drawing. Nancy is a professional artist and teacher who will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. See www.NancysArtWorld.com for photos of various classes. **Please bring a project you are currently working on and any supplies you may need.**

Class #	Dates	Day	Time	Room
\$60/4 classes				
613444	11/26-12/17	M	9:00-12:00pm	Art
\$130/10 classes				
613411	*1/7-3/25	M	9:00-12:00pm	Art
\$75/5 classes				
613412	1/7-2/11	M	9:00-12:00pm	Art
613413	2/25-3/25	M	9:00-12:00pm	Art

*No class 1/21, 2/18

Knitting & Needlework Group Free

Leader: Golda

949-673-7553

This group of experienced needle-workers meets weekly to work on individual projects. Beginners are welcome. Help is available for needlepoint, embroidery, knitting, crocheting and quilting.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	W	12:00-2:00pm	3

**Registration for winter classes (listed in BOLD)
begins Thursday, December 6 at 8:00am.**

Life Drawing for Artists \$65/6 classes

Instructor: Theresa Fernald

tfernaldd@saddleback.edu

This class includes a basic approach to drawing the human figure. Participants will work from two sessions with a live costumed model and from examples of famous artists such as Rubens, Rembrandt, and Michelangelo. The emphasis will be on the study of musculature and bone structure of the human figure.

- Materials list will print out on registration receipt.
- \$15 material fee payable to instructor on first day of class

Class #	Dates	Day	Time	Room
612411	*1/7-2/25	M	5:30-8:30pm	Art
612412	*3/4-4/15	M	5:30-8:30pm	Art

*No class 1/21, 2/18, 3/18

Oil Painting on Canvas -- Beg. /Int. See below for fees

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

Join a fun oil painting class! No worries! Nancy, a professional artist, will lead you every step of the way. Develop or enhance your basic painting skills, learn some new techniques in the wonderful medium of oil painting, and know that Nancy will "see" your individual style, and help you to push that. This is a light, fun class, but also a class where students continue to return and reach high levels of painting. See www.NancysArtWorld.com for photos of classes.

- Materials list provided at registration.

Class #	Dates	Day	Time	Room
\$60/4 classes, plus \$5 reference fee payable to instructor on first day of class.				
612011	1/28-2/25	M	1:00-4:00pm	Art
612012	2/25-3/18	M	1:00-4:00pm	Art
\$99/7 classes, plus \$10 reference fee payable to instructor on first day of class.				
612013	*1/28-3/18	M	1:00-4:00pm	Art

*No class 1/21, 2/18

Wood Carving Workshop Free

Leaders: Bob White & Chris Schumacher

This group meets to work on individual projects.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Th	8:00am-12:30pm	Art

Watercolor-Beginning \$65/6 classes

Instructor: Theresa Fernald

tfernaldd@saddleback.edu

Learn creative, expressive and colorful watercolor techniques. Develop a foundation for great watercolor composition and drawing while exploring color, brushwork and design based on art history and design theories.

- Materials list will print out on registration receipt.

Class #	Dates	Day	Time	Room
613042	11/13-12/18	Tu	1:00-4:00pm	Art
613011	1/8-2/12	Tu	1:00-4:00pm	Art
613012	2/19-3/26	Tu	1:00-4:00pm	Art

**Watercolor -- Intermediate \$91/6 classes
SPECIAL REGISTRATION DATES - SEE BELOW**

Instructor: Chris Sullivan

chrissullivanart@gmail.com

This class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interesting and effective compositions. Landscapes and still life will be the focus using studio set-ups, sketches and/or photographs. There will be demonstrations, individual assistance, and group critiques.

- Materials list will print out on registration receipt.
- **Registration for Newport Beach residents begins Thursday, December 6. Registration for non-residents begin Thursday, December 13.**

Class #	Dates	Day	Time	Room
613111	2/6-3/13	W	9:00-12:00noon	4

**Watercolor & Mixed Media \$58/4 classes
SPECIAL REGISTRATION DATES - SEE BELOW**

Instructor: Chris Sullivan

chrissullivanart@gmail.com

This exciting and stimulating experimental watercolor and mixed media painting class will introduce you to new and creative approaches to painting. You will learn how to successfully combine a variety of materials with transparent watercolor such as collaged papers, gouache, watercolor crayons, colored pencils, inks, charcoal pencil, metallic paints, dry pastels, and gesso. Landscape and still life will be the focus to turn into expressive works of art. There will be demonstrations, individual assistance, and group critiques. Open to all painting levels. Beginners must have some watercolor skills.

- Materials list will print out on registration receipt.
- **Registration for Newport Beach residents begins Thursday, December 6. Registration for non-residents begin Thursday, December 13.**

Class #	Dates	Day	Time	Room
613211	2/6-3/13	W	1:00-4:00pm	Art

Water Mixable Oil Painting \$70/6 classes

Instructor: Theresa Fernald

tfernaldd@saddleback.edu

Learn to paint luminous, glowing, expressive water-mixable oils. Clean your brushes with water and soap; no need for toxic solvents. This class will give you a strong foundation in color mixing and composition. You will develop expressive brushwork and paint approaches.

- Materials list will print out on registration receipt.

Class #	Dates	Day	Time	Room
612242	11/13-12/18	Tu	5:30-8:30pm	Art
612211	1/8-2/12	Tu	5:30-8:30pm	Art
612212	2/19-3/26	Tu	5:30-8:30pm	Art

Registration for winter classes (listed in BOLD) begins Thursday, December 6 at 8:00am.

Cards & Games

Beginning Bridge \$110/8 classes

Instructor: Ann Cressman 949-495-4564

Join us to learn the exciting and stimulating game of bridge. This class is for new players & those who want to brush up on their skills.

Class #	Dates	Day	Time	Room
680111	2/5-3/26	Tu	9:30-11:30am	3

Advanced Beginning Bridge 1 \$110/8 classes

Instructor: Ann Cressman 949-495-4564

Lessons will consist of handouts, play of pre-arranged hands and analysis.

Class #	Dates	Day	Time	Room
680211	2/8-3/29	F	9:30-11:30am	3

Advanced Beginning Bridge 2 \$110/8 classes

Instructor: Ann Cressman 949-495-4564

Lessons will consist of handouts, play of pre-arranged hands and analysis. Prerequisite: Advanced Beginning Bridge 1.

Class #	Dates	Day	Time	Room
680311	2/7-3/28	Th	9:30-11:30am	3

Intermediate Supervised Play \$110/8 classes

Instructor: Ann Cressman 949-495-4564

Improve your play through supervised instruction and analysis of hands. Prerequisite: Advanced Beginning Bridge 1 and 2.

Class #	Dates	Day	Time	Room
680411	2/5-3/26	Tu	12:30-2:30pm	3

Intermediate Bridge See below for fees

Instructor: Hal Binder halbinder@cox.net

Intermediate duplicate bridge lessons and play of the hand.

- 680511: Focus on improving your defense.
- 680512: Continuing intermediate bridge.

Class #	Dates	Day	Time	Room
\$70/5 classes				
680511	*1/7-2/11	M	9:30-11:30am	3
\$110/8 classes				
680512	3/11-4/29	M	9:30-11:30am	3

*No class 1/21

Party Bridge \$1

You do not need a partner to participate. Players must be able to keep their own score.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Tu	10:00-2:00pm	1

Duplicate Bridge- Tuesday & Friday \$1

Leaders: Terry and Gene Casavant zeintje1@gmail.com 949-854-8138

Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeintje1@gmail.com or 949-854-8138.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Tu/F	10:00-2:00pm	2

Duplicate Bridge- Sunday \$1

Leaders: Helvia Miller 949-494-7638

Reservations are preferred. Please contact Helvia Miller at 949-494-7638. Please bring your own partner to play.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Su	12:00-3:45pm	2

Mah Jongg Free

Leader: Nathalie Goldstein

Experienced players meet to play.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M/F	12:30pm-3:30pm	3

Mexican Train Free

Leader: Guy Richards 949-640-7809

This is a new, fun-packed game played with dominos. No cards to shuffle. Beginners please come at 1:30 on Fridays to learn how to play.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	F	2:00pm-4:00pm	Library

Ping Pong Free

New players are always welcome.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Tu/Th	2:00-5:00pm	Event Center C

Scrabble Free

Leader: Jamie Riggs 949-706-2666

Game boards, tiles and official Scrabble dictionary provided. All levels welcome.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M	1:00-5:00pm	Library

Shanghai/ May I Free

If you know how to play rummy, you'll pick up this game in no time!

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Tu	1:00-4:00pm	Library

Texas Hold'em -- Advanced Free

Instructor: Len Edwards

Advanced players only. Meets on the 1st & 3rd Friday every month. Play for chips only.

Registration	Dates	Day	Time	Room
Not Required	12/7 & 12/21	F	12:30-3:00pm	1

OUR MENUS, PER MEAL,
AVERAGE 500-700
CALORIES, 30 - 35% FAT,
AND 1000 MG OF SODIUM
OR LESS

 MENUS WITH MORE THAN
1000 MG OF SODIUM


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SUGGESTED DONATION- 60 YRS OR OLDER: \$4.00
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HOT LUNCH MENU. COLD LUNCH MENU AVAILABLE UPON REQUEST.

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SUBSTITUTES WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWISS STEAK MASHED POTATOES BROCCOLI 9 GRAIN BREAD/ MARGARINE PEACHES 3	PHILLY CHEESE STEAK SANDWICH THREE BEAN SALAD COLESLAW FRENCH ROLL/MARGARINE APPLESAUCE 4	CHICKEN CHILI WITH WHITE BEANS CHOPPED TOMATO GRATED CHEESE TOSSED SALAD/DRESSING CORN MUFFIN CUSTARD 5	CHICKEN FETTUCINI SALAD W/TOMATOES GREEN PEAS BANANA CAKE 6	Membership Monthly Get Together Advance purchase required. <i>Tickets \$8 members/ \$10 non-members</i> Menu: Ribs, baked beans, cole slaw, corn bread and a brownie
CHICKEN NOODLE SOUP TUNA SANDWICH ON 100% WHOLE WHEAT TOMATO & GREEN BEAN SALAD CHOCOLATE PUDDING 10	BEEF STEW POTATOES, CARROTS, ONIONS, & CELERY SALAD W/TOMATOES WHEAT BREAD/MARGARINE FRESH APPLE 11	GLAZED HAM SWEET POTATOES GREEN BEANS RYE BREAD/MARGARINE ORANGE JUICE CINNAMON APPLES 12	LENTIL SOUP TURKEY SANDWICH ON 100% WHOLE WHEAT CARROT RAISIN SALAD MAYO/MUSTARD FRESH ORANGE OATMEAL COOKIE 13	HONEY MUSTARD CHICKEN RED POTATOES ITALIAN BLEND DINNER ROLL/MARGARINE FRUIT GELATIN 14
TERIYAKI MEATBALLS BROWN RICE PEAS & MUSHROOMS MANDARIN ORANGES & BANANAS 17	CHICKEN PARMESAN SPAGHETTI SPRING SALAD & DRESSING ORANGE JUICE AMBROSIA 18	SALISBURY STEAK & GRVY BAKED POTATO WITH SOUR CREAM BRUSSELS SPROUTS PEACHES 19	BAKED CHICKEN ROASTED RED POTATOES RED CABBAGE CRACKED WHEAT BREAD ECLAIR 20	Christmas Lunch ROAST TURKEY & GRAVY STUFFING/MASHED POTATO CRANBERRY SAUCE GLAZED BABY CARROTS SPARKLING APPLE CIDER DINNER ROLL BERRY PIE 21
 24	MEATLOAF WITH MUSHROOM GRAVY SCALLOPED POTATOES SUCCOTASH FRESH ORANGE 26	BEEF BURGUNDY EGG NOODLES BROCCOLI 9 GRAIN BREAD MARGARINE CINNAMON APPLES 27	BUTTERNUT SQUASH SOUP ROAST BEEF SANDWICH ON 100% WHOLE WHEAT BROCCOLI/CAULIFLOWER SALAD MAYO/MUSTARD CHOCOLATE CHIP COOKIES 28	

Call at least 3 days
in advance to
reserve a lunch
(949)718-1820



*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

AARP TAX AIDE PROGRAM PROVIDES FREE INCOME TAX ASSISTANCE

Once again, the OASIS will offer the Tax-Aide Program administered by the AARP Foundation in cooperation with the IRS. **Appointment scheduling will begin on January 2.** Actual appointments with a tax counselor will begin in February. Please note: all appointments will be scheduled at the OASIS on Fridays ONLY. Call the OASIS Administration Office at 644-3244 to schedule your appointment.

The AARP Tax-Aide Program provides free personal income tax assistance to middle and low-income taxpayers. If your total annual household income, including Social Security, is over \$60,000, you should contact a paid tax preparer. The Tax Counselors will prepare income tax returns for persons who have Revocable (Living) Trusts. They will not prepare tax returns involving Irrevocable (Testamentary) Trusts.

The Tax Counselors will generally prepare Federal and California State Tax Returns that include:

Income From:

Wages and Salaries

Pensions, Annuities and IRA Distributions

Taxable Social Security Benefits

Sale of Stocks and Bonds

Sale of Personal Residence

Basic Self Employment Income (No depreciation or operating loss carry forward)

Deductions For:

IRA's

Penalty for early withdrawal of savings

Standard Deductions

Itemized Deductions: medical and dental, taxes, interest, contributions, miscellaneous

Credits For:

Elderly and Disabled Credit

Child Tax Credit

Child and Dependent Care Credit

Education Credit

Earned Income Credit

Estimated Tax, Basic Amended Tax Returns, Filing Extensions.

Call early to schedule your appointment, please be certain you will have the following information before the scheduled date, especially brokerage information:

- Copies of your 2011 Federal and State Income Tax Returns.
- All 2012 forms W-2 (wages); 1099 R (pensions); 1099-Int (interest); 1099-Div (dividends); 1099-B (sale of stocks and bonds); and SSA 1099 (Social Security).
- If you have sold securities (stocks, bonds, etc.), please make certain you have a record of their original cost. You may need to contact your broker to assist you in determining the original cost. Please bring your year-end brokerage statement so your Counselor can verify the information.

SUPPORT GROUPS

Alzheimer's Caregiver Support Group

Facilitator: Vic Mazmanian

949-310-6682

This group meets on the 1st Wednesday of the month. Meetings are open to caregivers, family members and friends caring for a loved one with Alzheimer's or dementia. You are not alone; find how sharing your ideas, feelings and concerns can help you care for yourself and your loved one. This group is affiliated with the Orange County Alzheimer's Association.

Location: OASIS Room 1B

Wed 10:00-11:30am 12/5 Free

Grandparents Support Group

Leader Susan Hoffman

949-640-0399

Group meets the 2nd Wednesday of the month. Meet with grandparents who have visitation issues with their grandchildren. Visit www.grandparentchildconnect.org for more information.

Location: OASIS Room 3

Wed 3:00-5:00pm 12/12 Free

Grief Support Group

Facilitator: Christopher Strutt

714-558-2366

A grief support group can provide an opportunity to meet with others who have had similar losses in a safe, non-judgmental environment where you may share your experiences and feelings and find a pathway through your grief. This grief support group is open to people of all backgrounds. We will use, as our primary reference, *Understanding Your Grief* by Dr. Alan Wolfelt. If this time or location doesn't work for you, call Christopher for information on other groups.

Location: OASIS Room 5

Wed 10:00-11:30pm Free

Low Vision Support Group

Facilitator: Charlotte Stradtman

949-552-7637

This group meets on the 3rd Friday of the month. It is for people experiencing difficulty in daily living due to sight loss. The content of the discussion will be based on participants' needs, which may cover a variety of topics such as getting around town, low vision devices, family awareness and staying connected.

Location: OASIS Room 4

F 10:00-11:30am No meeting in December Free

Lupus Support Group

Lupus is an autoimmune disease which can affect every organ system. Meeting days and locations will vary; call Judy Terrean at (949) 903-4444 for details.

MS Support Group

This self-help group for people with Multiple Sclerosis (MS) is sponsored by the National MS Society. This group is for those with minimal symptoms or newly diagnosed. The group meets every month for two hours. If you are interested and think this group may be appropriate for you, please call Sherri for further details (714) 846-2064.

PARKINSON'S SUPPORT GROUPS

Parkinson's Resource Organization (PRO)

Group meets on the 2nd Thursday of the month. Either an educational program or a support group for caregivers only is offered on alternate months. For more information call Marilyn VanSant (949) 645-3352 or (877) 775-4111.

Location: OASIS Room 3

Th	7:00-9:00pm	12/13	Free
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Parkinson's Support Group

Leaders: Mike McNamara (949-673-5542) and Al Douglass (949-644-0714)

This group meets on the 2nd & 4th Friday of each month and is for people with Parkinson's. Meet with your cohort without feeling intimidated and be able to freely ask questions of your peers.

Location: OASIS Room 4

F	10:30-12:00noon	12/14	Free
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ASSISTANCE PROGRAMS

Senior Assessment Program

An ongoing, comprehensive assistance, counseling and referral service, this program assists the frail elderly by coordinating services for them, thus allowing them to live independently in their own homes.

Information & Referral

Assistance with referrals to a vast assortment of senior services, such as home health care, housing options, adult day care, health care facilities, respite, legal assistance, employment, support groups, ombudsman services and more. If we don't know, we will find out.

Medical Documents

The California Hospital Association's Advance Health Care Directive. Available in the Administration Office.

Medical Equipment to Loan

Companion wheelchairs, walkers and commodes are available in the Administration Office.

Telephone Reassurance

Daily telephone call for seniors who live alone and have limited contact with friends or relatives.

OASIS Lunch Program provided by Age Well Senior Services

Hot and cold lunches are served in the OASIS Evelyn Hart Event Center. Please call two days in advance to order your lunch. Call Berenice at (949) 718-1820. Hot lunch menu is listed on page 23.

Lunch Service: Monday through Friday, 11:45am-12:30pm

\$4 suggested donation

Home delivered meals provided by Age Well Senior Services

Meals are available for homebound seniors; call for an assessment. Deliveries are also available for post-surgery or short time periods when one is incapacitated. Call Berenice at (949) 718-1820.

HEALTH SCREENINGS & MEDICARE COUNSELING

Blood Pressure Screening

Our friendly medical professionals will help you monitor your blood pressure twice a month.

Location: OASIS Library

Tues	9:00-11:00am	12/4 & 12/18	Free
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Memory Screening

Provided by the Orange County Vital Aging Program, this screening promotes early detection and prevention of Alzheimer's Disease and related disorders. In-person screening at OASIS or Hoag; please call (949) 764-6288 or visit www.OCVitalAging.org.

Visual Aid Screening

Provided by the Braille Institute. When eye glasses are no longer sufficient, make an appointment with the Braille representative for a visual screening. Available once a month. Physician referral required; call (714) 821-5000. Visit www.brailleinstitute.org.

Location: OASIS Administration Office

HICAP: Health Insurance Counseling and Advocacy Program

HICAP counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, supplemental, and long term care insurance. Available twice monthly. Appointments are necessary.

Location: OASIS Administration Office

TRANSPORTATION

The OASIS Senior Center provides curb-to-curb transportation through its Care-A-Van and Shuttle Programs.

Care-A-Van: Provides transportation to medical appointments, grocery shopping and other essential errands within City limits. Cost is \$3.00 each way.

Shuttle: Provides transportation to classes and activities held at OASIS. Cost is \$1.50 each way.

Payment: Riders must purchase a Ride Card to use for payment, sold in denominations of \$12, \$30 and \$60. Cards may be purchased in the Admin office or from a driver.

Eligibility:

- Must be age 60+
- Live in a private residence
- Must reside within Newport Beach, Corona del Mar or Newport Coast
- No longer be driving

Service is available

Monday-Thursday, 7:45am - 4:30pm

Fridays, 8:00am - 4:00pm

It is recommended that reservations be made at least five business days in advance and can be made up to three weeks in advance.

Call OASIS to register (949) 644-3244.

**Buy your ticket!
Membership Monthly
Get Together
Friday, December 7
See page 2 for details**

Mission Statement

The Friends of OASIS, Inc. is a non-profit California corporation dedicated to supporting the senior community. The focus of this organization is to provide financial and volunteer support to the OASIS Senior Center. Its goal is to assist in giving seniors the opportunity to live healthy, active and productive lives.



Older Addult Social & Information Services

Dear Friends,

When my Mom and Dad, Inez and Grant Howald, first worried about what older people in our community would do and where they could go, little did they dream of what we have today at the OASIS. However, they had a vision and it was simple.

Volunteers would work together, offer their labor and insight, and ask their friends on the City Council to be supportive. With determination, prayer, money, City support, luck and all the other things that bring a vision to reality, those few founding people succeeded beyond their dreams to benefit all of us!

The OASIS Senior Center is a dream that came true, but to sustain that dream, we need all of us to continue to provide financial support, prayer, City help and our sustainable determination. Dreams will fade without our collective assistance. We have a great gift from the past to nurture, improve upon, and pass on to those who follow us within our community.

My parents would be proud of what all of you have done. We provide what future generations will want and need—an OASIS. By our giving now, a small amount or large, whatever each of us can afford, we will be able to sustain the past dream for the future.

Please give what you can in the envelope included in this Newsletter or at the Friends of OASIS office.

Past, present and future Friends know we care.

Thank you,

Walter Grant Howald, Chairman - Friends of OASIS Legacy Committee
walt@howald.us Cell phone 949-244-6094

OASIS Gift Shop



Baubles, bangles, and bright shiny beads, colorful holiday decorations and accessories, crystal that sparkles, dolls in red dresses, cuddly teddy bears and all your holiday needs.

Merry Christmas,
Ms. Clause and Helpers
Hours: 9:00am to 3:00pm
Monday-Friday

Pancake Breakfast

Pancakes with syrup, sausages, coffee, milk and juice are served.

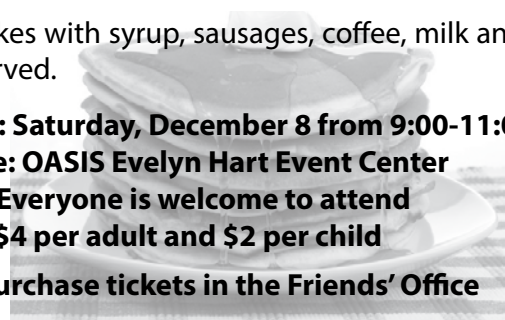
When: Saturday, December 8 from 9:00-11:00am

Where: OASIS Evelyn Hart Event Center

Who: Everyone is welcome to attend

Cost: \$4 per adult and \$2 per child

Pre-purchase tickets in the Friends' Office



A PAINFUL LOSS



I knew it was just a matter of time before I lost her but it was difficult when it finally happened; we had spent so much time together. There had been all those trips up and down the west coast to visit friends and relatives. She was always there for me. She was admired by my friends who told me I was fortunate to have her. She always looked her best when we went out with friends and her appearance was so polished. Oh, there were occasional problems, of course. A few minor complications had required some cosmetic attention at one time, but she was just as beautiful after the treatments as she had been before. Later, there were the usual expected age-related problems, but they barely seemed to slow her. It was especially pleasant to see her early in the day, so radiant in the morning sun.

Although I tried to deny it, signs that could not be ignored eventually began to appear. She did not exhibit the same energy; various little things that I used to take for granted in her behavior began to change. As time went along, I consciously began to reduce my demands on her diminishing vigor, settling for shorter trips away from home. Finally, in a serious discussion with the person who had provided her care over a long period of time, the inescapable truth could no longer be denied; my beloved companion had reached a point of no return.

I stood in the driveway the morning they came to take her away. I had removed all the things that could represent memories of our time together. I held the license plates firmly in both hands as the stranger sat in that seat I had spent so many hours in and started the engine. He loaded her on his truck and, as she slowly disappeared from sight behind a bend in the road, I attempted to console myself with the thought, come on; it's only a car after all.

* * *

The comments above are an attempt to express metaphorically some of the emotions I actually did experience when I recently donated an automobile that I had operated for twenty-two years. I'm not really sure why it was a "she"; perhaps because the female gender is so implicitly associated with providing comfort and support? Maybe it's because "mom" was so much a part of our lives in our early years? In my personal experience, I have noted that men in particular tend to imbue those inanimate machines with female personalities. After all, the farmer went to town in old Betsy not old Frank or old Tom. There does seem to be an emotional component involved in the loss of one of these machines that can play such an important role in daily lives.

My 1990 Lexus LX 400 was the first Lexus sedan ever released when I purchased it. The Lexus was a big step up for me, and I mean a BIG step considering that I was, at that time, driving a VW "bug". That's right, one of those tiny, underpowered, stick shift WWII veterans. I had real affection for it (the car was too ugly to ascribe a female name to) even though, on California freeways, one had to begin easing over into the desired exit lane about two miles before an anticipated off-ramp due to the virtual absence of acceleration that would allow any last minute change in plans.

When the long years of preparation for my practice in medicine finally began to pay off with some significant discretionary income, I bought a Buick station wagon. It seemed immense and allowed us to separate our four children far enough apart to minimize the internecine warfare that previously had marked a typical journey. The Buick eventually became the undisputed possession of soccer-mom and she spent much of the day distributing children to schools throughout the neighborhood only to reclaim them at the end of the day for further dissemination to a variety of athletic events. Meanwhile, I did what aging dudes do to reaffirm their flagging masculinity. I bought an RX7 sports car. After all, I had to get to work, didn't I? Why shouldn't I get there in a rotary engine rocket? After my previous experiences with the VW Bug, I found the acceleration breath-taking which is probably why I got two speeding tickets in the first month. After wasting a Saturday in Traffic Court, I reserved that amazing torque for isolated instances on quiet roads. The RX7 was not a lady and was never referred to as a "she" or a "her". It was a bad-assed dude and commanded respect as the alpha male on the road. After I had recovered from that particular delusional experience, I gave the car to my college sophomore who studiously brought it home from UCLA on weekends to use dad's card to fill her up (Oops! I mean it). And, it was at that point that I became enamored of the Lexus. To me, it was classically beautiful and the list of appointments was staggering. I was overwhelmed by the number of buttons, switches and dials. I felt a little like the captain of a ship as I issued virtual commands to the sleek vessel as we sailed smoothly on the concrete seas. In time, it was as though we two were as one.

I think of her often when I encounter another LX 400 while driving around in our new RX 300 SUV. The 300 is a cute small SUV, entirely adequate for the two of us and, three more when called upon. The thing is, it is more like a cute little princess; I miss my elegant queen.

Rich Tester

TRIPS FILL UP QUICKLY! SIGN UP EARLY IF INTERESTED IN A TRIP!

Travel Office Hours: Monday-Friday 9:00 am-1:00 pm. Stop by or call us at (949) 718-1810.

There is a \$5.00 charge for non-members.

★ Parking and pick-up for all trips are at the northwest corner of 5th & Marguerite lot unless otherwise noted.

VIEJAS \$15

Wednesday, December 12 – NO REFUNDS

Time to visit Viejas for gambling fun and shopping at the outlets for last minute Christmas gifts. \$15.00 Casino Fun Book - \$5.00 off Harvest Buffet and a discount book for the Viejas Outlets.

Depart 8:00am

Return 5:00/5:30pm

PALM SPRING FOLLIES \$110

Friday, December 14

Enjoy the 22nd season of The Fabulous Palm Springs Follies, guaranteed to be the best show ever! "Dance to the Music!" stars the Legendary Line of Long-Legged Lovelies, the Follies Gentlemen with music and dance of the '40s, '50s and '60s and Impresario Riff Markowitz. Special guest, celebrated vocalist Lorna Luft. Her performance will be an inspired tribute to her legendary mother, Judy Garland!

Lunch on your own.

Depart 9:00am

Return 7:00pm

ROSE PARADE – PASADENA \$125

Tuesday – January 1, 2013

Again this year, we have two buses going on this family excursion. Price includes excellent grandstand seating, breakfast, lunch and motorcoach transportation. NOT HANDICAPPED ACCESSIBLE.

No refund after December 10, 2012.

Depart 5:00am

Return 1:00pm

PALA CASINO AND RESORT \$15

Wednesday, January 16, 2013

Enjoy a day gambling at this beautiful casino resort. \$5.00 free play with Club Card. BE SURE TO HAVE VALID I.D.

REAGAN LIBRARY \$72

Wednesday, January 23, 2013

Enjoy a docent guided tour of the Library. After lunch, time to visit "Treasures of the Walt Disney Archives." exhibit which displays more than 500 artifacts from nearly 90 years of Disney history and is the largest ever exhibition of Disney archival material seen by the public. Buffett lunch included.

Depart 8:30am

Depart 4:45pm

JET PROPULSION LABORATORY \$72

Tuesday, January 29, 2013- WAIT LIST ONLY

MUST BE U.S. CITIZEN OR POSSES A GREEN CARD AND BE ABLE TO PRESENT VALID PHOTO ID THE DAY OF THE TOUR.

If you missed the last trip, this is your opportunity to visit this world famous Laboratory and home to the rover, "Curiosity," which recently landed on Mars. It is a behind-the-scenes extensive walking tour beginning with a media presentation, "Welcome to Outer Space," and a visit to the von Kaman Visitors Center, the Space Flight Operation Facility and the Spacecraft Assembly Facility. Lunch included at McCormick & Schmick's Seafood Restaurant. LEGACY TRAVEL & TOURS

Depart 10:00am

Return 5:00pm

PECHANGA CASINO \$15

Wednesday, February 13, 2013 - NO REFUNDS

Always a winner! Enjoy a day playing your favorite slots or games. \$15 EZ play with club card. BE SURE TO HAVE A VALID ID.

Depart 9:30am

Return 5:30pm approx.

USS IOWA – PORT OF LOS ANGELES \$59

Friday, February 15, 2013

The Iowa was built in 1940 and served in World War II and the Korean War. This is your opportunity to visit it, now an interactive museum, at its new home, Berth 87, Port of Los Angeles. Upon boarding, there will be a docent guided tour of the ship followed by a box lunch in the crew's mess hall. Afterwards board the bus and travel to "Crafted at the Port of Los Angeles," two harborside warehouses that have been turned into a large-scale permanent weekend craft market. Photo ID required. EXCESSIVE WALKING

Depart 8:00am

Return 5:00pm

CANCELLATION POLICY FOR DAY TRIPS

10 working days' notice is needed for a refund. Fewer than 10 days, refund is given only if a replacement is found. The handling charge for trip refunds is \$5 for day trips. This fee will be deducted from the refund. **No refunds for one-day gambling trips.**

Stop by the Travel Office for flyers with detailed information on all of these trips.

NORTON SIMON - PASADENA

\$53

Wednesday, February 20, 2013

View Van Gogh's "Self-Portrait" on loan from the National Gallery of Art in Washington, D.C. This hauntingly compelling "Self-Portrait" was produced in late August 1889, less than a year before his untimely death at age 37 in July 1890 and one of only three self-portraits depicting him as an artist, holding his palette and brushes. Time to enjoy the other exhibits, the Sculpture Garden and the museum store. Lunch included at the museum's Garden Café.

Depart 10:30am

Return 5:00pm



LOTUSLAND ESTATE AND GARDENS

\$88

Wednesday, April 17

FINAL SIGN-UP FOR THIS TRIP IS MARCH 29

Motorcoach to the foothills of Montecito near Santa Barbara for a docent guided tour of this beautiful 37-acre botanic garden and the estate created by the former opera singer and socialite, Madame Ganna Walska. These exotic gardens present an artistic landscape with some of the most unusual and endangered plants in the world. Lunch included at the Santa Barbara Golf Club **EXCESSIVE WALKING - HILLY, UNEVEN WALKWAYS AND STAIRS IN THE GARDEN.**

Depart 8:30am

Return 7:30pm

DEATH VALLEY

Tour Price - Per Person

Twin \$629 - Single \$694

March 3 - 6, 2013 - 4 days

Travel by motorcoach to Death Valley and join Dave Heffner, known as Mr. Death Valley, for four days touring the Upper and Lower Death Valley and the Amargosa Valley. Visit Scotty's Castle, the Amargosa Opera House, Zabriskie Point, the Ubehebe Crater and more. Dave is an extraordinary talent with tall tales and fascinating legends of Death Valley and makes this trip one that you do not want to miss. Flyer available in the Travel Office. GREAT WESTERN TOURS

EXTENDED TRIPS

AFC 2012 HOLIDAY VACATIONS

CHRISTMAS - NEW YEAR'S

Come by the Travel Office for a flyer listing many exciting trips to take during the holidays including: Branson, Hearst Castle, Nashville, San Antonio, San Diego, San Francisco, Santa Barbara, Santa Fe, and Sedona plus a Mystery Holiday Lights Tour.

SIERRA SNOW TRAIN 2013

Tour Price - Per Person Double \$979 - Single Add \$100 - Triple - Deduct \$30

February 9-12, 2013 - 4 Days

This four day escorted vacation includes flying from Orange County to Sacramento with time to visit our state capital city. Then travel on the AMTRAK TRAIN with the beautiful winter scenery of the Sierra Nevada Mountains and Donner Pass to Reno. Enjoy a day trip to Lake Tahoe, Carson City and Virginia City. Fly home from Reno. For complete details come by and pick up a flyer at the Travel Office. AFC VACATIONS

INTEREST LIST

SUNNYLANDS - ANNABERG ESTATE - RANCHO MIRAGE

Guided tours of the house and grounds of this historic estate and former residence of Walter and Leonore Annaberg are now offered to the public. Many key figures of the 20th century enjoyed relaxing as guests at this desert retreat including seven U.S. presidents, the British royal family and Hollywood icons. If you are interested in joining us for a visit, please call the Travel Office (949-718-1810). The number of guests is limited and advance notice of the tour date is very short. **EXCESSIVE WALKING.**

CANCELLATION POLICY FOR EXTENDED TRIPS

Refunds can be given before balance due dates. These dates vary from 30 to 70 days, depending upon the supplier. After this date, a refund is given only if trip is full and a replacement is found. There will be a \$10 per person charge on all extended trip cancellation refunds. This will not apply to checks written to tour companies.

FOUR EASY WAYS TO REGISTER

MAIL IN

Mail your registration form and payment to:
OASIS Senior Center
801 Narcissus Ave.
Corona del Mar, 92625

ONLINE

1. Go to www.newportbeachca.gov.
2. Click on Recreation Classes.
3. Click on My Account.
4. New users: Create an account
5. Click on Register for Activities.
6. Select the class you desire, then click Add To My Cart.
7. Follow the steps for payment.

FAX

Fax your registration form and include your Visa, MC, Discover or Amex card number and expiration date to: (949) 640-7364

WALK IN

Bring registration form to the OASIS Admin Office
Monday- Friday
8:00am-5:00pm

First Name		Last Name	
Address		City	Zip
Home Phone	Work/Cell Phone	email	<input type="checkbox"/> Check here for an emailed receipt

Participant's Name	Gender	Class # Session	Class name	Fee
EXAMPLE: JOHN DOE	M	5 7 8 9 4 1	KinderGYM	\$105

PHOTO RELEASE I understand that from time to time City representatives may photograph activities of City recreation programs and participants. By signing this form, I authorize the City of Newport Beach to use or publish any photographs taken by the City showing my participation or my child/children's to promote classes on the City's Internet web site, future publications of the Newport Navigator and/or flyers.

Class Fees	
Non-residents add \$5 for classes \$74 & under OR \$10 for Classes \$75 & over	
Total Paid	

WAIVER & RELEASE OF LIABILITY In consideration of participation in the Program, I (We), the undersigned, recognize, agree and acknowledge as follows: (1) Participation in the Program is voluntary; (2) Follow and abide by the rules, regulations, guidelines and Participant Code of Conduct (3) The participant is in good health, physically able to participate in the program without restrictions and has no medical condition that would or may cause participation to be potentially hazardous to his or her health, which the city can request participant to agree to furnish medical documentation at participants own expense; (4) Failure to disclose a medical condition could terminate participation; (5) There is a real possibility that participant could be seriously injured while participating in the Program; (6) Participant assumes all risks associated with participation in the Program. Participant acknowledges the inherent and potential dangers of participating and expressly waives and voluntarily assumes all risk of personal injury or death which may be sustained while participating. I (we) recognize that registration in the program is dangerous and contains risk of personal injury, death, disability, property damage or loss ("damages.") I assume any and all risks associated with my or my child's participation in the Program, including, but not limited to, strenuous physical activity or exertion; striking or being struck, by objects or persons; slipping; and exposure to heat, cold or humidity. Such risk may result in injuries that include, but are not limited to: sprain, strain or tear of muscles or ligaments; fracture or dislocation of joints or bones; head or facial injuries; spinal cord or internal injuries. I know that the risks, hazards and dangers include, but are not limited to, falling, slipping, colliding with other users, staff or spectators. I understand that these risks, hazards and dangers are further increased when other persons, whether or not of the same level of experience, are present at the same time and/or using the same facilities. All such risks are known and appreciated by me. I hereby, for myself, my child, heirs, or anyone who might claim on my or my child's behalf, agree not to bring any claim, and waive, release and forever discharge the City of Newport, the Newport-Mesa Unified School District, and all of their officers, agents, and employees from any and all duty to me, my child and/or liability for damages arising out of or in the course of my child's participation in the Program, including all liability for any active or passive negligence by the City/Newport-Mesa Unified School District and/or their officers, agents and employees. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I waive and voluntarily assume all risk of personal injury which may be sustained while participating. The laws of the State of California shall govern this agreement. The undersigned, hereby acknowledged to be lawful parent(s) and/or guardian(s) of the participant, acknowledge(s) my/our qualifications to sign the Release on behalf of the participant.

Mandatory Signature: _____ **Date:** _____

Non-resident Fee -Those who do not reside within the City of Newport Beach, please add \$5 per class priced up to \$74 and \$10 for classes \$75 and over.

Refund Policy Unless otherwise noted — A \$10 (for classes priced \$74 and below) or \$20 (for classes priced \$75 and above) refund fee will be charged if the request is made prior to class meeting for the second time. A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.

Fitness Center Refund Policy —A \$20 refund fee will be charged if the request is made within one week of sign-up. After one week no refunds will be granted.

Special Assistance - If you need special accommodations for any activities, please notify Recreation Services at the time of registration.

Credit Cards Accepted



Make Checks Payable to: City of Newport Beach

Registration Form

OASIS Fitness Center



(949) 718-1818

HOURS OF OPERATION

MONDAY-THURSDAY

7:00 am – 8:00 pm

FRIDAY

7:00 am – 5:00 pm

SATURDAY & SUNDAY

8:00 am – 4:00 pm

OASIS FITNESS CENTER MISSION STATEMENT

The OASIS Fitness Center strives to provide a safe, comfortable, senior-friendly exercise environment for the active older adult, providing our members the opportunity to incorporate an exercise routine into their life which nourishes their mind, body and spirit.

FITNESS CENTER MEMBERSHIP

- Age requirement is 50 years and older
- Newport Beach resident fee is \$125 a year
- Non-Newport Beach resident fee is \$175 a year
- No guest passes are available
- Registration is required prior to use of the Fitness Center
- Appropriate clothing and athletic shoes required
- No food or drinks other than bottled water are permitted
- Members must provide their own towels

EQUIPMENT ORIENTATION

Prior to your first workout, instruction on all OASIS Fitness Center equipment is available for each new member. See staff to schedule an appointment.

OASIS PERSONAL TRAINERS

\$75/hour

\$40/ 30 min session

\$325/package of 5, one hour sessions (savings of \$50!)

\$280/package of 8, 30 min sessions (savings of \$40!)



Keeping Fit Over The Holidays

Keeping fit over the holidays may seem like an impossible task. All of the delicious foods that go hand-in-hand with the holidays are hard to resist (The average weight gain during the holiday season is 10 pounds). You may have neither time nor inclination for your regular exercise during the busy season. Holiday shopping, party planning, getting ready for company and other errands combine to weaken resolve and send willpower the way of the North Pole. But a few strategies can help you navigate holiday fitness obstacles with no regrets on the other end.

- **Set an achievable goal:** Setting the goal of maintaining your current weight and consider yourself a success if you make it to January without any extra pounds.
- **Navigate holiday meals wisely:** Keeping fit doesn't mean you have to deprive yourself of holiday goodies; rather, save the sweets for last.
- **Stay active:** Some days, you just won't be able to fit exercise into your holiday schedule. Take the stairs instead of the elevator. Don't drive if you can walk. Step up the pace while you're shopping for gifts, and stroll around the block after dinner, or even before. Every little bit adds up to keep fit and keep the holiday pounds off.
- **Reward yourself for exercise:** The little things you do for yourself are often the first to go to accommodate the holiday rush. Stay motivated to exercise by giving yourself incentives.

-Livestrong.com

OASIS Holiday Luncheon

Friday, December 21
12:00pm-2:00pm

OASIS Evelyn Hart Event Center

Join us at the OASIS in celebration of the
joyous holiday season! Musical entertainment
provided by the Mike McCaffrey Trio.

\$5 tickets available in the Admin Office
starting December 3rd until event sells out
(949) 644-3244.

Advance purchase required;
event will sell out.